



Pinch Grasp Activities

This grasp involves accurately bringing together the tips of the thumb and index finger



The following are useful activities to encourage and strengthen this grip:

Board games – using small figures or button/tiddlywinks sized markers.

Peg Boards – with medium to small sized pegs for the finger tip grip.

Threading activities – with medium to small beads/ pieces of straws, or punched holes and a lace.

Construct-o-straws – or similar, e.g. Lego.

Nuts and bolts activities e.g. Meccano

Card games – picking up cards (rather than sliding to the edge of table)

Picking up and sorting objects, gradually using smaller and smaller items (e.g. pasta shapes, beans, lentils, screws, nuts.)
Tweezers can be used for variety.

Squeezing clothes pegs: help to hang out washing or dolls clothes, take turns to pick things up using pegs, change over when you drop something, see who can pick up the most. Place pegs along the edge of a strip of card to make a headdress or along the back of a dinosaur shaped card to make spines, or along the edge of a bowl in patterns or timed.

Plasticine/play-dough/clay/ bread dough - pinch out ridges, roll little balls in finger tips making peas, beads or balls

Wet the pad of your index finger then dab it into sand/lentils etc. Flick them off with your thumb.

Flick football, flicking balls of paper into a target area.

Puzzles - use smaller jigsaw pieces as finger tip grip improves.

Paper tug—of—war for 2 people. Use strips of paper/card. Making a paper chain - Cutting out strips of paper and using a stapler to fix them together

Fastening buttons

Games – Connect 4, Pick up sticks, posting coins

Cutting out with scissors – try cutting different types of materials such as straws, sausages of play dough, strips of card

Making a straw necklace – cut the straws to short lengths and thread on to a lace

Tear coloured paper into small pieces to glue on to a picture

Making and using potato prints

Popping bubble wrap

Using small decorative hole-punches for craft activities

Squirting water bottles or other squirting toys

Pencil activities such as colouring, doing mazes & dot to dot

Craft activities involving cutting and pasting