




Pincer grip activities

<p>Zips on coats / bags / storage bags</p>	
<p>Ask pupils to cup hands and see how much they can hold - rice, sand, breakfast cereal etc</p>	
<p>Tug of war using crepe paper, tissues, bandages,</p>	

Wring out clothes



Stress balls



Tear paper and scrunch up and then flick into a goal/ container.



Card games



Finger puppets



Clothes pegs on paper plate,
round a tin or cup



Russian dolls



Finger rhymes



Chalking on pavement /
vertical wall



Finger painting



Touchscreen on phone or
ipad/ tablet



Pop up toys- close with
pincer grip



Jigsaws - especially if done
on the floor



Wind up toys



Peg items on washing paper



Efficient Grips

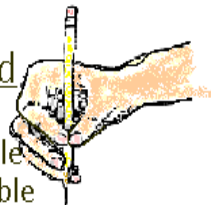
TRIPOD

the most
efficient



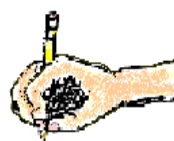
Quadrupod

not as mobile
but acceptable



Adapted Tripod

good for low
tone, not 1st
choice



INEFFICIENT GRIPS



thumb wrap



transpalmar



thumb
tuck



interdigit
brace



supinate



index grip

This information has been prepared by **Newbridge Outreach Service**

You are welcome to share with others - please acknowledge where you obtained it from.

