

Hand Control Home Program-Elementary Level

1. Improve Hand Control.

- a. Use sand shovels and small rakes to play in the sand.
- b. Use small tool sets to work with. Sets that use hammers, pliers, and screwdrivers can be fun.
- c. Use medium to small size construction toys to play with. Legos, twist together toys, play dough sets, tinker toys ect..
- d. Use large to medium size markers and work on a slight incline, if possible. Student desks, or lap table with a slight incline encourage better grasp of the marker.
- e. Work on a chalkboard or white board placed on a wall. Working on a vertical board also encourages better grip of the chalk.
- f. Work with seeds, cotton balls, pompoms, styrofoam peanuts ect.. to make crafts.
- g. Use paints on an easel, if possible.
- h. Use sidewalk chalk.
- i. Lacing boards using a variety of threads can be fun.
- j. Peg boards or pushing beads into play dough to make funny animals.
- k. Play on a musical keyboard.
- l. Make cookies using a rolling pin and cookie cut-out forms.
- m. Try using tongs to place peanuts in a cup, buttons or other familiar objects also work.
- n. Pop bubble wrap. There is a variety of sizes. Try large and small.
- o. Use play dough to roll out snakes, form balls and pat into a variety of shapes. Cookie cutters, plastic silverware and cooking utensils aid in developing control and make the experience fun.
- p. Use small tongs or large tweezers to fill containers with cotton balls, pompoms or other small materials.
- q. Use large eye droppers to move colored water from a bowl into a small clear container.
- r. Count money and place it into a piggy bank or a container with a slit in the top.
- s. Tear shapes out of newspaper- start simple with tearing across the page, tear out small circles. Move on to harder shapes including squares, rectangles or triangles. Form them into animals.
- t. Play with cards. Try to throw the cards onto a newspaper section.
- u. Play with a variety of cans or containers with lids. Mix up the lids and see if your child can match, open/close the container with the correct lids.
- v. Use a clothes line and form many knots in the line. Have your child unknot the clothes line.
- w. Place clothes pins on the edge of a can.

Home and School Ideas

Improve printing skills.

1. Use markers and work on a slight incline, if possible. Student desks, or lap table with a slight incline encourage better grasp of the marker. A 2 inch binder can work.
2. Work on a chalkboard or white board placed on a wall. Working on a vertical board also encourages better grip of the chalk.
3. Use paints on an easel, if possible.
4. Use side walk chalk.
5. Work on chalkboard or white board using lazy eight designs, or other maze type trails to follow.
6. Work with mazes in an activity book. Start with wide mazes, approximately one inch wide and slowly work down in size to approximately $\frac{1}{4}$ inch wide mazes.
7. Activity books which include dot-to-dot games, coloring simple to complex pictures, mazes and matching games which go from one side of the page to the other side.
8. The "Lite Brite" game, often available at toy stores is good for following patterns.
9. Draw in sand, shaving cream, rice.
10. Working with simple form puzzles. Move to simple interlocking puzzles as the child develops.
11. Cutting out people and objects from magazines and gluing them on paper to make a collage or new picture.
12. Work with blocks and construction sets. "Dublos" are good for beginners and "Legos" are for older children.
13. Work with lacing cards, coloring books and drawing using a variety of paints, crayons, chalk and markers.
14. Play checkers, Chinese checkers, tic tac toe, or other spatial strategy board games.
15. Use a variety of materials to form the letters ie...blocks, seeds, clay, putty, Lego pieces.