

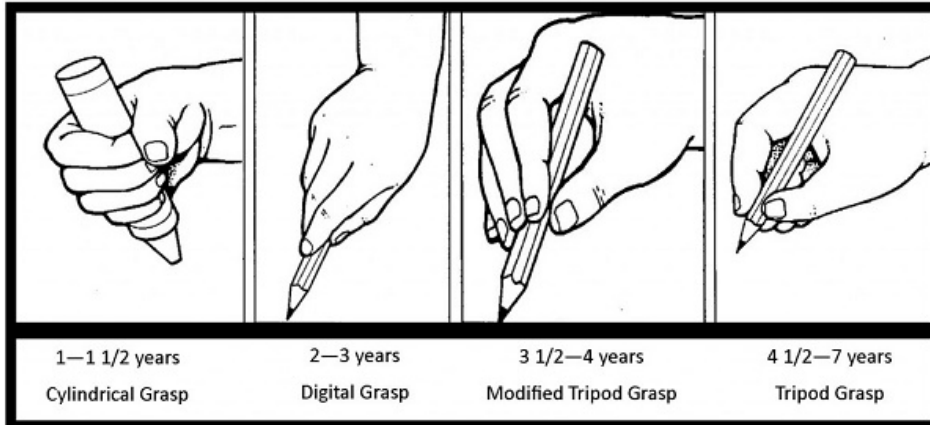


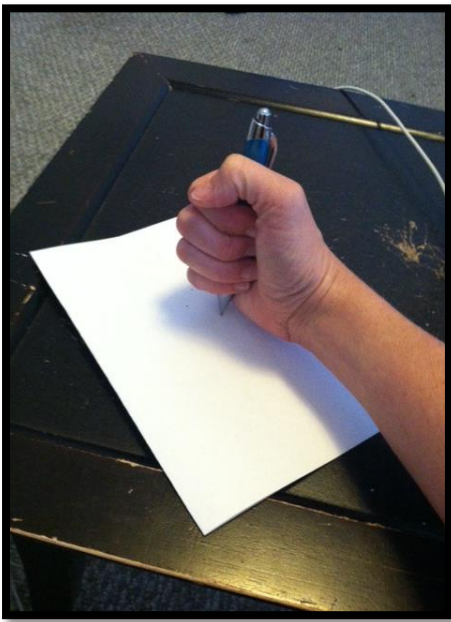
Suggestions and Activities to Develop Pencil Grip



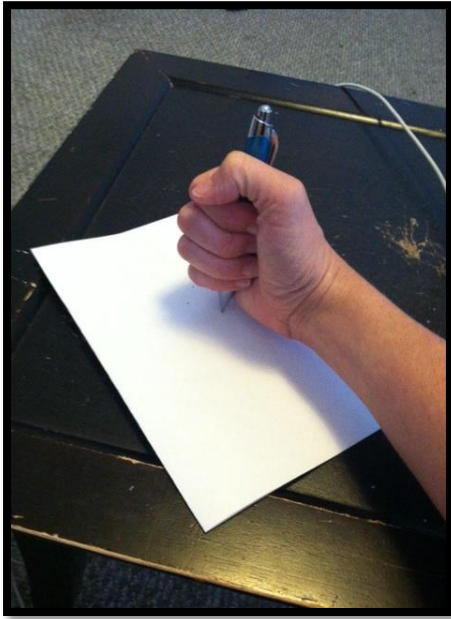
Developmental Stages of Pencil Grip

Source: <http://www.brisbanekids.com.au/7-must-know-tips-help-child-master-pencil-grip/>



Pencil Grip Stage	Activities/Suggestions for this stage of development
<p>Cylindrical Grasp</p>  <p>https://starfishtherapies.wordpress.com/tag/mature-grasp/</p>	<p>SENSORY PLAY The child should participate in a wide range of sensory play activities such as finger painting, water play, sand play, play dough, rice play, gloop, cooking, corn flour and water.</p> <ul style="list-style-type: none"> ◆ If the child is reluctant, gently and firmly encourage small amounts of involvement until their tolerance increases. ◆ In extreme cases, start with a zip lock bag with finger paint or similar inside, so the child experiences the play without getting messy. <p>FINE MOTOR ACTIVITIES</p> <ul style="list-style-type: none"> ◆ Pouring sand, water, salt, sugar, rice, or beans using bowls, funnels, spoons, cups, tubes, rolls, colander ◆ Sorting small objects with interesting textures like cotton balls, pastas, sponges, and rocks placing them into egg cartons ◆ Pushing objects through a slot like counters or buttons into a Piggy Bank or container with a slit in lid; pushing

Cylindrical Grasp



<https://starfishtherapies.wordpress.com/tag/mature-grasp/>

pegs into a board

- ◆ Picking up marbles and putting them in a jar; for variety, have child stand up and drop marbles into jar or drop balls or other small objects into container or sack

- ◆ Building with blocks, logs, lego
- Lacing with lacing cards – poking string through holes and pulling

- ◆ Grasping wooden puzzles pieces and placing correctly

- ◆ Arranging rocks, leaves, beans, cards, pasta, sticks or whatever interests the child

- ◆ Picking stickers off page and successfully placing onto something
- Squeezing glue bottles, water guns, sponges

- ◆ Shaking bottles of glitter.

- ◆ Pushing pipe cleaners into foam shapes with center cut out or push into colanders.

- ◆ Squeezing sponges.

- ◆ Squirting spray bottles.

- ◆ Rolling, pounding, modelling with playdough, using rolling pins and cookie cutters.

- ◆ Using fit-together and other manipulative equipment requiring different techniques progressing from easily attached such as stickle bricks to complex such as polydrons with a range in-between e.g. duplo, small Lego, Mobilo, tongs, tweezers, droppers etc.

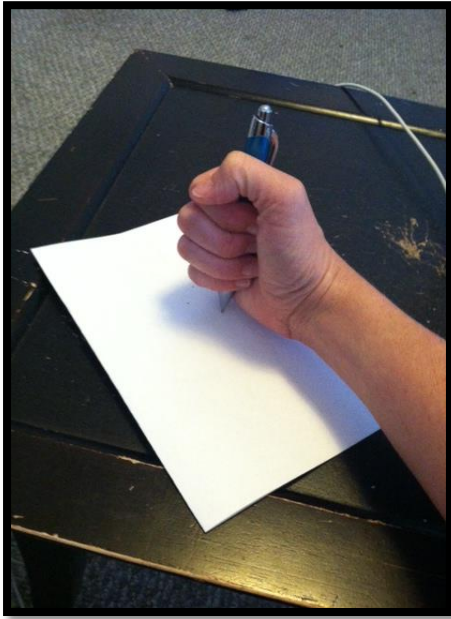
COLLAGE MATERIALS

Offering different sizes, weights and textures, ripping, scrunching paper, glue, sticky tape, hole punches, staplers and other fixatives with adult assistance as necessary.

ART MATERIALS

Applying paint with a variety of equipment each involving a different handling technique including brushes of different weights and thicknesses, rollers, sponges, etc., Printing with objects requiring different forces and pressure from hard rubber stamps to

Cylindrical Grasp



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delicate items such as feathers and cotton balls.

DRAMATIC PLAY

Dressing up clothes for self and dolls with zippers and Velcro fasteners, handling and manipulating home corner equipment.

SELF HELP

Shoes and socks, toileting and hand washing, accessing lunch boxes and water bottles, managing bags and personal belongings with adult assistance as needed.

FINGER PLAYS/ACTION RHYMES

Moving fingers and individual body parts in isolation.

BOOKS

Turning pages and other book handling skills.

DRAWING

On different surfaces i.e. vertical, horizontal, angled - Using drawing equipment of suitable thickness.

SCISSORS

Progressing from loop, spring loaded to regular safety scissors with support and assistance as necessary.

LACING AND THREADING

Beginning with larger holes, thicker laces etc.

GROSS MOTOR

Gross motor experiences to develop core strength e.g. moving on all fours, obstacle courses, ball games, transporting items of weight.

Experiences to develop core strength e.g. moving on all fours, obstacle courses, ball games, transporting items of weight.

Digital Grasp



<http://www.occupationaltherapychildren.com.au/blog/tag/digital-pronate/>

FINE MOTOR GRASP

Activities include:

- ◆ Decorating iced biscuits with small cake decorations.
- ◆ Posting small items into narrow necked bottles (food colouring bottles are ideal).
- ◆ Small peg boards-Games which include small sorting activities such as 'Hamer' beads.

CONTROLLED RELEASE

The child can stack more than 10 small blocks using their fingertips.

To promote this:

- ◆ Posting activities such as shape sorters and
- ◆ Inset puzzles.

STACKING GAMES

Games such as 'Pick up Sticks'

To promote this:

Any activity which requires the child to use both hands, e.g. *threading

- ◆ Cutting with scissors,
- ◆ Sewing or lacing,
- ◆ Screwing and unscrewing jars.

Any activity which requires the child to cross the midline, e.g. making a figure of 8 in the air with a ribbon twirler

- ◆ Hitting a suspended balloon across the body,
- ◆ Copying body movements in Simon Says-type games and
- ◆ Clapping pattern games.

Gross motor experiences as above.

Finger plays and action rhymes as above.

Book handling skills as above.

Drawing on surfaces as above.

(Drawing equipment may include finer pencils and markers)

Scissors- with equipment and assistance adjusted as skills increase.

Lacing and threading with smaller items and materials.

Modelling materials include clay and clay tools.

Fit together materials as above – making more complex structures.

Collage material and equipment as

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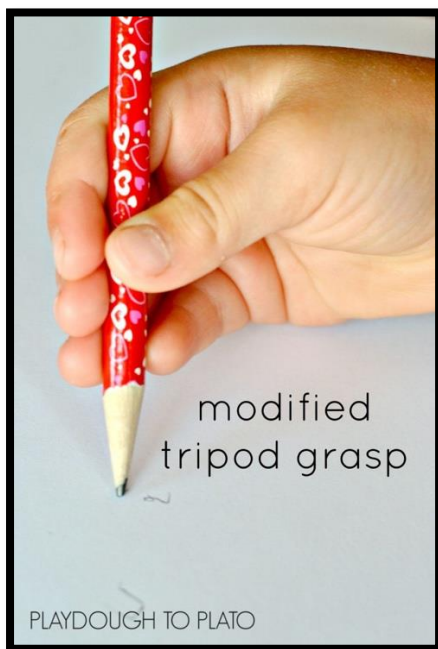
above – work showing more precision and independence.

Art Materials – as above with increasing independence, skill and competence, work showing increased commitment and detail.

Dramatic Play – as above with children handling buttons, popper fasteners with some assistance, using home corner equipment with increasing dexterity.

Self-help – as above with assistance adjusted as independence increases.

Modified Tripod Grasp



<http://www.playdoughtoplato.com/pencil-grasp-development-in-preschoolers/>

With this stage the child's wrist is slightly extended to enable the fingers to grasp efficiently.

To promote this:

- ◆ Encourage the use of **vertical surfaces for pre-writing activities**, e.g. painting' an outside wall with a paintbrush and small bucket of water.
- ◆ Provide experience of experimenting with **drawing materials attached to walls** if easels are not available.
- ◆ Whiteboard markers or chalk on blackboards can be used if they can be fixed at accessible heights for students to reach.
- ◆ Provide posting activities with small objects such as coins and small containers with slotted lids.

The child holds the container in one hand, and posts the coins with the other hand, in increasing numbers, until the child can post a handful into the jar one by one.

Gross motor experiences as above
Finger plays and action rhymes as above

Book handling skills as above
Drawing on surfaces as above
Drawing equipment as above with greater control and detail evident in children's work

SCISSORS

Using regular scissors, cutting independently, following outlines with greater accuracy.

LACING AND THREADING as above with precision materials in sewing, weaving used independently.

MODELLING MATERIALS as above with children using tools with increasing skill and competence.

FIT TOGETHER MATERIALS as above, making more complex structures.

COLLAGE MATERIAL AND EQUIPMENT as above – children accessing and manipulating items independently on most occasions.

ART MATERIALS as above with

Modified Tripod Grasp



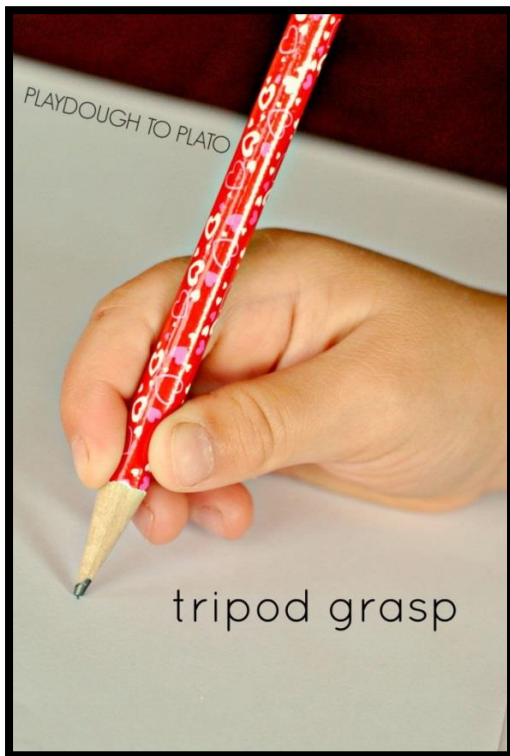
<http://www.playdoughtoplato.com/pencil-grasp-development-in-preschoolers/>

increasing independence, skill and competence, work showing sustained commitment and further detail.

DRAMATIC PLAY as above with children manipulating equipment independently, some may now be learning to tie a knot.

SELF HELP as above with children showing independence in manipulating items needed for self-care.

Tripod Grasp



<http://www.playdoughtoplato.com/pencil-grasp-development-in-kindergartners/>

The child's wrist is slightly extended to enable the fingers to grasp efficiently. To promote this:

Encourage the use of **vertical surfaces for pre-writing activities**, e.g.

- ◆ Painting an outside wall with a paintbrush and small bucket of water.
- ◆ Provide experience of experimenting with drawing materials attached to walls if easels are not available.
- ◆ Whiteboard markers or chalk on blackboards can be used if they can be fixed at accessible heights for students to reach.

◆ Use **triangular pencils**.

- ◆ Encourage the student to hold a cotton ball in their palm with their little and ring fingers; this leaves only their thumb, index and middle fingers available to form a tripod grasp.

To promote this:

Finger exercises can be used such as:

- ◆ Making a duck's bill out of the thumb and fingers.
- ◆ Making the hand into a caterpillar and crawling across the desk.
- ◆ Making circles out of the thumb and each finger in turn.
- ◆ Spreading fingers apart while flat on the desk and then slide them back together again.

◆ **Practical tasks** include ones where the fingers move forward and back such as when threading a needle, or making dots on paper with a marker.

◆ **Large bubbles**. Have child pop the bubble using their tripod fingers

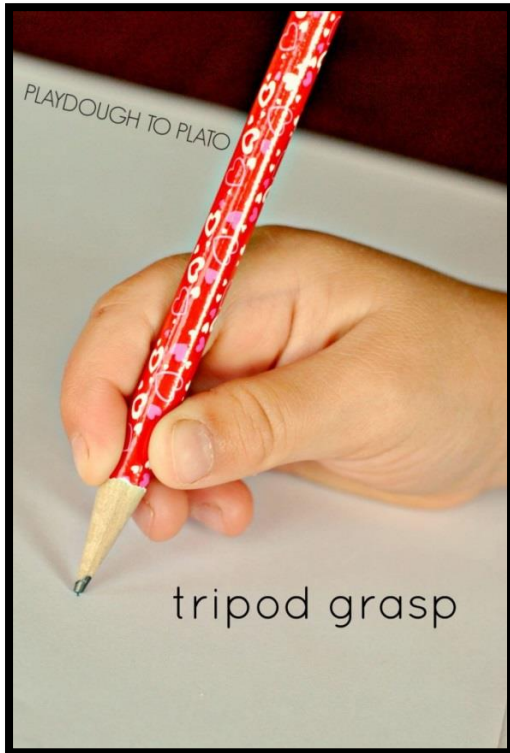
◆ **Toys with tongs and tweezers**

Encourage the use of the thumb, index and middle finger while working the tiny muscles in that nook between the thumb and index.

◆ Working on a vertical surface builds strength and stability in the arms and shoulders. It also places the wrist in a good position for writing.

◆ Easels

Tripod Grasp



<http://www.playdoughtoplato.com/pencil-grasp-development-in-kindergartners/>

- ◆ Chalkboards
- ◆ Dry erase boards
- ◆ Paper taped to the wall slightly above shoulder height
- ◆ Smaller writing implements naturally encourage a proper grasp.
- ◆ Golf pencils
- ◆ Breaking crayons and chalk pieces into halves.
- ◆ Use the tripod fingers to hold a crayon down flat and rub color all over a large area, like this circle which is about to be cut out.

Clothes Peg Activities

- ◆ Draw a single dot on one side of a clothes pin, and two dots on the other side. This shows your child where to place the fingers.
- ◆ Use the clothes pegs to pick up and transfer items, or have your child pick up and place a number of clothes pins, making sure the tripod fingers are used correctly.

Paper Crumpling

Crumpling small pieces of crepe or tissue paper into balls is a good tripod finger exercise and also makes a great decoration for craft activities.

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Starfish Therapies

<https://starfishtherapies.wordpress.com/tag/mature-grasp/>