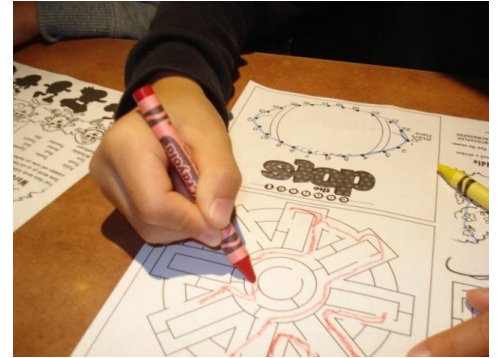


DEVELOPING AN EFFICIENT PENCIL GRASP

What is the best grasp?

- Pencil held between the pads of the thumb and index finger
- Pencil rests on the side of the third finger
- Open web space between the thumb and index finger
- Pencil shaft rests in the open web space
- Movement from the small hand muscles



Why is an efficient grasp important?

- Enables quick writing
- Allows for use of the small finger muscles
- Prevents fatigue and/or discomfort of the fingers, hand, and arm

Small Hands, Small Tools – use writing tools that are an appropriate size for the hand.

- Short pencils, golf pencils
- Broken crayons and chalk pieces

Activities that encourage the development of an efficient pencil grasp:

Arts and Crafts

- ◆ Lacing and Braiding.
- ◆ Use tiny cookie cutters and an assortment of hand tools when using play dough or plasticine. Roll ¼ inch balls of putty between thumb, index and middle fingers.
- ◆ Use tweezers with beans, pasta shapes, gems and jewels to make art work or jewelry.
- ◆ Use eye droppers or tiny applicators for paint and glue to create pictures and collages.
- ◆ Sticker Art.
- ◆ Button Art. Glue buttons on collages, sort by color, size, or shape. Sew on to puppets.

Games

- ◆ Lite Brite, Battle Ship, Mastermind, Operation
- ◆ Pick Up Sticks, Jacks
- ◆ Lego, K`nex, Tinker Toys, Mechano, and other building systems
- ◆ Screwing – nuts and bolts, lids and jars
- ◆ Feed coins or small shapes through a slot.
- ◆ Turn over as many pennies as possible within one minute.
- ◆ Squeeze small pop-it beads together to make designs or patterns.
- ◆ Play tug of war with small, narrow objects such as stir stick, Popsicle sticks.

Other Ideas

- ◆ Use children chopsticks, clothespins, Ziploc bags.
- ◆ Snap fingers to a tune or rhythm.
- ◆ Pop bubble wrap by using thumb and index fingers.
- ◆ Squeeze the trigger of a small spray bottle or water squirt toy.