
☛☐ 1. Everyday Play-Based Activities (Best for kids)

These don't feel like "practice," but they work extremely well.

- Playdough / clay work
 - Rolling snakes, pinching balls, making tiny shapes
 - Hide beads inside dough and ask them to find them
- Tearing & crumpling paper
 - Tear newspapers into strips
 - Make paper balls using only one hand
- Clothespin clipping
 - Clip clothespins onto a box edge
 - Sort colors using clips
- Bead threading
 - Start with large beads → move to smaller ones
 - Use shoelaces or thick thread

✍☐ 2. Pre-Writing Strength Activities

These directly prepare the hand for pencil control.

- Finger painting (vertical surface)
 - Use a wall/chart → improves wrist stability
- Sand / rice tracing
 - Write letters using fingers in a tray
- Sticker peeling & pasting
 - Peeling strengthens finger isolation

👉☐ 3. Fine Motor Strength Builders

These specifically improve grip strength.

- Tweezer games
 - Pick up beans, pom-poms, or beads
 - You can time it for fun
- Rubber band stretching
 - Stretch bands using fingers (not whole hand)
- Sponge squeezing
 - Dip sponge in water and squeeze into a bowl
- Dropper activity
 - Use an eyedropper to transfer colored water

☛☐ 4. Pencil Grip Training Activities

Now bring in actual writing tools.

- Short crayons / broken pencils
 - Forces correct tripod grip
- Vertical writing

- Write on board/wall → improves wrist + finger control
 - “Pinch and flip” method
 - Teach children to pick pencil correctly
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5. Fun Games That Secretly Build Grip

- LEGO building (small pieces are excellent)
 - Lacing cards
 - Buttoning/unbuttoning boards
 - Using keys in locks
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6. For Older Students (or weak grip cases)

- Hand exercises
 - Thumb touches each fingertip quickly
 - Finger taps on table (fast/slow patterns)
 - Stress ball squeezing
 - Hold for 5 seconds → release
 - Writing drills
 - Tracing → copying → independent writing
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Important Observations (especially for you as a teacher/SEN-trained)

Watch for:

- Very tight grip (fatigue quickly)
- Very loose grip (poor control)
- Avoidance of writing tasks
- Pain complaints

These could indicate underlying fine motor delays.

Simple Daily Routine (10–15 mins)

You can follow this sequence:

1. Playdough (3 mins)
 2. Tweezer or bead activity (3 mins)
 3. Sponge squeezing (2 mins)
 4. Writing/tracing (5 mins)
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