



It's fun to play outdoors

Developing strong Fingers!

Talking tips:

Squeeze
Press

In and out
On and off

Round and round
Rip and scrunch



By giving your child lots of opportunities to strengthen their fingers it will help them begin to get ready for using pens and pencils.

Activities you can try:

- Posting coins into boxes
- Playing with finger puppets
- Using tweezers and salad tongs to pick up objects
- Lacing beads and buttons
- Play dough- cutting, pressing, squeezing
- Construction toys- lego, stickle bricks, blocks
- Use washing up bottles or spray bottles with water.
- Wind up toys and torches
- Tearing strips and rolling paper
- Peg boards and fuzzy felt
- Hole punches, paper clips, treasury tags