

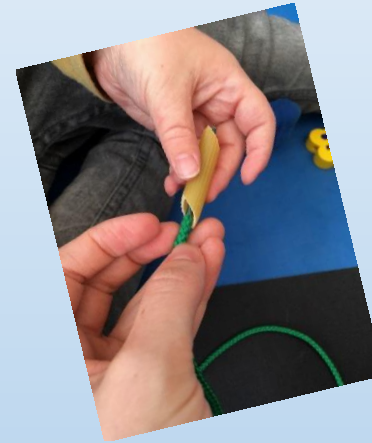
# Finger Gym

In St John's Class we do 'Finger Gym' every day to help develop and strengthen the muscles in our fingers. This helps us to be able to hold our pencil correctly and have better control when forming our letters. Take a look at some of these ideas, choose one to do every day!



# Threading

Threading is a great way to get those fingers moving, whilst developing coordination, concentration and perseverance skills.



# Pinching

Activities that involve the index finger and thumb working together helps to hold a pencil using the desired 'tripod grip'. Have a go at some of these ideas below!





# Playdough

Playdough is a fantastic way to get all the fingers moving, from kneading, to stretching, to pinching and moulding... this is a firm favourite in St John's Class.



[https://www.youtube.com/results?search\\_query=dough+disco](https://www.youtube.com/results?search_query=dough+disco)

## BEST EVER NO-COOK PLAY DOUGH RECIPE

### You need:

- 2 cups plain flour (all purpose)
- 2 tablespoons oil (baby oil and coconut oil work too)
- $\frac{1}{2}$  cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in gradually until it feels just right)
- food colouring (optional)

# Pouring

Pouring activities are a brilliant way of increasing the control children have in their wrists, as well as hand eye coordination and perseverance.



# Scissor Skills

Being able to use scissors safely and with control is an essential life skill. Start with small snips, then straight lines, zig zags and waves before beginning on cutting around more complex shapes. Remember the thumb needs to be pointing towards the sky!

