



Step 2

Controlling Hands

e.g. cutting up food, squeezing sponges & playdough, Duplo and Lego.



Step 4

Holding a Writing Tool

Make a tripod shape with the thumb & 2 fingers with the pencil resting on the soft bit between the thumb & forefinger. Ask them to hold a small item with the last 2 fingers will facilitate this.

Step 1

Arms & Shoulders

e.g. crawling through tunnels (or even a cardboard box), carrying buckets of sand, hanging from play equipment, push along toys and holding the plank position.



Step 3

Dexterity

e.g. buttons, zips, threading beads, using tweezers, pegs, keys in locks, zip lock bags and spray bottles.

