

## Occupational Therapy Service for Children and Young People

### Therapeutic Putty / Playdough Activities for Fine Motor Skills Development

**Build a tower:** Shape dough into a cone and stick base to a flat surface. Place fingers and thumb over the apex of the cone. Stick the fingers lightly into the dough. Draw up on the cone bringing fingers and thumb together



**Squeezy Shake Game:** Place Dough in palm of hand and flex fingers to make a fist. Squeeze as hard as possible.



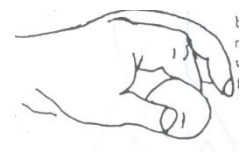
**Squeezy Circle Game:** Shape dough in 3 inch disc and stick to a flat surface. Place hand over circle with fingers and thumb into disc and draw them together to the centre of the circle.



**Strong Finger Game:** Hold flat disc of dough in opposite hand. Pierce disc with each individual finger, flex the finger and pull dough into the palm of the hand.



**Squash through fingers game:** Place ball of dough between thumb and index finger, squeeze through ball until the fingers meet. Repeat the procedure with each of the other fingers.



**Spread fingers Apart:** Place loop of dough around four fingers between joints. Spread fingers apart against loop.



**Strong thumb game:** Bring the tips of the fingers and thumb together at the same time. Place ring of dough around the outside of the fingers and thumb between the joints. Extend fingers outwards.



**Squeezy Fingers Game:** Place a piece of dough between two fingers then bring fingers



**Making Pancakes:** Secure flat disc of dough to the table. Keep fingers extended and push outward spreading dough thinly



**Disappearing Thumb Game:** Shape dough into a cylinder, stick base to a flat surface. With hand in mid position press thumb deeply into cone. Then retract thumb



**Rolling a Snake:** Roll dough out into a coil, keeping the fingers straight out.



**Stretch the Dough:** Place a forearm and elbow on a table and let wrist relax over edge, while the hand grasps a piece of dough. Hold the other end of the dough in the other hand beneath the table. Pull up dough with the wrist.

