



Fine Motor Fun with Theraputty/Playdough

1. Rolling

Using both hands with outstretched fingers until theraputty/playdough is sausage shaped. Can place in palm and squeeze to make an imprint.

2. Cutting

Place “sausage” shapes in between fingers and try to cut pieces off. This is a good exercise for “warming up” before cutting with scissors. Use scissors to actually cut pieces of theraputty (stronger material than playdough).

3. Pulling

Grasp pieces of the theraputty/playdough with the whole handgrip. Right, then left. Pull theraputty/playdough up, down, sideways, etc.

4. Pinching

Small pieces are pinched using thumb to index, thumb to middle, thumb to ring, and thumb to little finger - do with both hands.

5. Poking

Each finger is pressed individually into a roll of theraputty/playdough.

6. Stretching

Donut shapes can be made. All the fingers are placed in the donut hole and then stretched out.

7. Flattening

The theraputty/playdough can be flattened out using the heel of the hand then can press hand down hard to make an imprint. As well, when it is flattened out, this is a good time to practice making strokes with a blunt pencil or end of a paint brush as a “warm-up” for printing.

8. Creative modeling, with or without using special tools. Modeling theme ideas:

- letters of alphabet
- numbers
- animals

9. Hiding Treasures

Hide marbles, buttons, small toys in theraputty/playdoh and dig them out. This is a great finger/hand strengthening activity. Can also hide 'googly eyes' (craft item) in theraputty and children can shake it and use this as a motivator and extra cue for finding the hidden object.

10. Twisting

Twist the Theraputty with both hands in opposite direction as though trying to wring water out of a washcloth. Using a mix of two colors of theraputty creates a cool visual effect doing this.

11. Make a bowl and add some pieces.

Place a ball of theraputty/playdough on the table and place thumb in the middle and pinch all the way around to make a bowl shape. Then roll small pieces of putty/dough to add to the bowl, or add marbles, etc. (Example: like putting eggs into a basket)

For Theraputty- it naturally sticks together, so you won't be able to pull out the 'eggs'.

12. Finger Squeezing

Place piece of theraputty/playdough between fingers (example-between pointer and middle finger) and squeeze. Then repeat with other fingers.

