

Thumb Flexion and Opposition

Activities that promote thumb flexion and opposition:

- Roll balls of play dough at the fingertips using different fingers
- String small and large beads
- Write/color in different positions (easel, table, floor, wall, etc.)
- Work on fasteners such as zippers, buttons, snaps, and shoe tying
- Squish play dough balls with tip of finger
- Flick cotton balls using each finger.
- Pick up objects of different sizes like pencils, blocks, marbles
- Play pick-up sticks or jacks
- Pick up pennies, beans, etc. and see how many you can keep in your hand at one time
- Place stickers on unaffected arm and take off with affected arm
- Use tweezers to pick up cotton balls
- Pick up objects with a clothespin
- Cut paper or play dough with scissors
- Play board games like Checkers or Operation
- Finger feed snacks like cheerios or raisins
- Place clothespinc around the edges of an ice cream bucket
- Pull apart toys like snap beads or legos
- Drawing, writing or coloring

