Activities to Develop Thumb and Web Space Skills

Your thumb grips a pen or pencil opposite your index finger and finger tips to allow for better finger manipulation.

These activities may help develop your thumb and webspread skills:

- Shuffling cards
- Closing Ziploc® bags by touching the tips of your index finger and thumb to make a circle
- Playing Jenga®
- Picking up dominos between your thumb and index finger
- Making the letter “L” with your writing hand
- Coloring while maintaining a tripod grasp on the crayon
- Buttoning and unbuttoning
- Twiddling your thumbs
- Using clothespins
- Making small clay balls
- Dressing large dolls or stuffed animals in oversized sweaters with big buttons
- Sewing cards

Ask your therapist if you have any questions about the activities listed above.

Ideas adapted from Mary Benbow’s hand skills.

Make An Appointment 651-290-8707
Refer a Patient 651-325-2200