

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 webspace 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**

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).