

Hand Dominance Quick Guide

Below, you will find information and activities for the Hand Dominance Construct Progression. See the [NC Construct Progressions and Situations Book](#) for additional information and full references.

Why focus on hand dominance? Piaget (1954) was one of many developmental psychologists who linked motor skill development with improvements in perceptual and cognitive development. Researchers emphasize the importance of motor skill development and suggest that fine motor skills are a strong predictor of achievement, “attention, fine motor skills, and general knowledge are much stronger overall predictors of later math, reading, and science scores than early math and reading scores alone” (Grismmer et. al., 2010, p. 1008).

Hand Dominance: Children are learning to coordinate muscle groups to perform fine manipulation of objects and skilled use of tools, while moving towards fine motor skills performed automatically with a focus on content and outcome.

A. Uses no established dominance for lead/dominant hand (switching still continues).	B. Uses established dominant hand.	C. Performs actions involving mirrored movements with opposing hand.	D. Manipulates with dominant hand with assistance from other hand.
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CLAY WITH PLASTIC PIZZA CUTTER



Promotes: *strengthening, development of hand arches, grasping pattern, eye-hand coordination, bilateral coordination, integration of the two sides of the hand*

Use pizza cutter to cut clay into “small worms”, pizza slices, etc. Be creative in pretend play. Have student follow your directions.



CLOTHESPINS WITH INDEX CARDS

Promotes: *strengthening, pincer grasp, dexterity, color and letter recognition, sequencing, matching, bilateral coordination*

Make categories as appropriate to individual needs (colors, #'s, letters, pictures, stickers, etc.)



PAPER CLIP TRAINS

Promotes: *pincer grasp, bilateral coordination, eye-hand coordination, dexterity, motor planning*

Form "train" by slipping one paperclip onto another. Use various colored paperclips for counting, colors, sorting, matching, or sequencing.



GIANT NUTS AND BOLTS

Promotes: *bilateral coordination, eye-hand coordination, pincer grasp, dexterity, strengthening, directionality*

Twist nut on/off of bolt, use dominant hand to twist on/off first, perform 3-5 times. Switch to challenge the non-dominant hand, perform 3-5 times.