

**Integrated Community Paediatric Services
Paediatric Occupational Therapy Service**

Worksheet D

Fine Motor Skills

Area of Difficulty	Strategy	Tick when strategy has been tried and add comments.
Developing Early Fine Motor Skills.	<p>Activities to promote hand strength, manipulation skills and shoulder stability:</p> <ul style="list-style-type: none"> – Wheelbarrow walking, forwards and to the side. – Use a bulb squeezer to blow ping pong balls back and forth. These can also be used to squirt water to move floating object/toys. – Popping bubble wrap. – Placing clothes pegs on the edge of a container. – Pouring water from small containers. – Carrying bags or baskets with heavy toys in. – Colouring with short fat crayons at a vertical surface e.g. easel or paper on wall. – Posting coins. – Hide small objects in crumpled up paper or tinfoil and ask child to find the toy, using both hands to undo the paper. – Play “Two little Dicky Birds”. – Finger puppets. – Playdough activities. Rolling the playdough with a rolling pin, hide objects in playdough for child to find. 	
Crossing the midline (when a child struggles to pass objects from one side of the body to another).	<p>Crossing the midline is the ability to use each limb / eye on both sides of the body. The midline is an imaginary line drawn vertically down dividing the body in to two equal parts.</p> <p>This skill is necessary to be able to write and read from left to right, to establish a dominant hand and to take part in gross motor activities such as bat and ball games.</p> <p><u>Helpful Strategies</u></p> <ul style="list-style-type: none"> – Encourage the child to sit straight in her chair and to not twist whilst sitting at a desk. – Sitting front on to the board in class will also limit twisting. – Do not let the child swap hands when drawing, reaching, etc. Hold the other hand or have it stabilising the activity. 	

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	<ul style="list-style-type: none"> – Position objects so the child has to cross the midline when reaching. <p><u>Activity Ideas:</u></p> <ul style="list-style-type: none"> – Flag waving, encourage the child to wave the flag from left to right across their body. – Running toy cars or train on rack across the floor in front of the child’s body crossing left to right and right to left. – “Simon Says” – particularly movements to copy which involve putting one hand somewhere on the opposite side of the body. – Disco dancing encouraging mid-line crossing. – Side-sit on floor – weight bearing on one arm while occupied with an activity such as a puzzle with the other hand. – Playing “wheelbarrows” with another child / adult supporting legs “walk” on hands. – Kneeling on floor passing ball around body, watching the ball for as long as possible. – Rope or chalk mark on floor – the child jumps from side to side over it looking forwards. – Figure of 8 drawn on the floor. Get the child to walk, jump and run around it. – Throwing beanbags etc. into boxes, hoops etc. Picking up from one side and throwing across to the other. – Walk heel-toe on a line. – Bat and Ball activities. – Put up on wall matching pictures on large pieces of paper quite far apart and ask the child to join the matching pairs with a pencil. – Drawing long shapes on a blackboard or big sheet of paper left to right. – Throwing and catching a ball with right hand on left side of body, also with left hand on right side (feet and body facing forward). – Suspend an object onto a piece of string and hit with a cardboard tube, swiping across their body. – Transfer raisins from one container on the left to a container on the right by sucking on the end of a straw. 	
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<p>Bilateral integration skills (you may notice your child experiences difficulty using both hands together).</p>	<p>Bilateral integration is to co-ordinate the two sides of the body effectively together. In the development of smooth bilateral coordination, a child will first start to use both hands together symmetrically such as banging toys together or clapping. Later their body sides start to specialise, e.g. one hand uses a pencil while the other holds the paper.</p> <p><u>Upper limbs – Gross Motor Activities:</u></p> <ul style="list-style-type: none"> – Blow bubbles and get the child to pop them by clapping their hands together. – Animal Walks. – Wheelbarrow walks. – Throw and catch or hit a balloon. – Ball activities, roll, catch, hit or throw. Use a large ball. – Hold a tub in two hands – catch a beanbag / ball. – Crepe paper streamers in both hands. Make snakes in front, up and down, circles forwards and backwards. – Build with large boxes and heavy bricks, using both hands. <p><u>Upper Limbs – Fine Motor Activities:</u></p> <ul style="list-style-type: none"> – Hand over hand activities. Help your child to use their hands by showing them how and if necessary guide them. For example, demonstrate how to roll playdough with a rolling pin, then help her hold onto the rolling pin with both hands and move her arms forwards and backwards. – Toy barrels and dolls of graded sizes. – Pulling rope to bring objects toward the body. – Using rope to assist with climbing up an incline. – The child stands on a spot and holds a cardboard tube and hits a balloon back to you. – Clap different rhythms in front of and behind back, or under knees. – Sing action songs for your child to copy such as ‘Twinkle Twinkle Little Star’; ‘The Wheels on the Bus’ etc. – Musical instruments – these could be made using pots and pans and wooden spoons. – Pouring water from one container to another without spilling. This can be done in the bath. – Wind-up toys. – Jack in the box toys. – Dressing up dolls, teddy bears in loose clothes with elastic openings. 	
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	<ul style="list-style-type: none"> – Playdough and clay activities. Rolling the Playdough / clay with a rolling pin. – Screwing and un-screwing jars. – Tearing paper for Papier Mache. – Construction toys e.g. Lego, Duplo etc. – Threading tasks- use large beads/pasta on rods or pipe cleaners before moving onto smaller beads on shoe laces. – Cutting drinking straws with scissors to make a necklace. – Using a stacking ring or similar toy, help the child to hold it out in front of them and pretend it is a steering wheel. Make sure both elbows are straight. <p><u>Lower Limb Activities:</u></p> <ul style="list-style-type: none"> – Jumping with feet together, holding onto an adult's hands if needed. – Jumping in and out of a hula-hoop holding onto adult's hands. – Stepping onto footprints or circles. – Climbing in and out of a box (or shallow tray). – Walking on a rope ladder, placing one foot in each block. <p><u>Activities of daily living:</u></p> <ul style="list-style-type: none"> – Personal activities of daily living – e.g. hand washing and drying, buttons and dressing. – Domestic activities of daily living – e.g. washing and drying up, hanging up and folding washing. – Gardening – encourage (with supervision) the child to lift large items, rake the leaves, and push the wheelbarrow. – Cooking – making pastry, rolling it out, shaping dough, egg beater. – Bath time – wind up bath toys, pouring water from container to container, have floating targets and a squeeze bottle to fire water using with two hands. 	
<p>Finger isolation (your child is yet to demonstrate ability to use one finger at a time to pop a bubble or push buttons on toys with one finger).</p>	<p>Finger isolation is the ability to be able to move each finger, one at a time. Children typically develop finger isolation between the ages of 9 and 12 months.</p> <p>Developing finger isolation is very important in the development of fine motor skills. It helps to develop skills required to engage in numerous activities of daily living (pencil grasp, typing on a keyboard, playing musical instruments, tying shoelaces).</p>	

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	<p><u>Activities to support finger isolation:</u></p> <ul style="list-style-type: none"> – Play pointing games, such as “I Spy” play games where you ask them to point to various things in their environment. – Use finger to trace shapes, numbers, etc in sand/shaving cream or on paper. – Finger painting activities. – Use Finger paint brushes to paint. – Pop bubbles. – Push button toys – guide hand to press with index finger. – Have fun pressing doorbells or light switches. – Small hollow cylinders are great to put on index fingers, encouraging the child to take them off and put them back on again, e.g. Smartie tubes. You can also put Hula Hoops on individual fingers. <p><u>Increase awareness of index finger:</u></p> <p>The following ideas can be used in conjunction with the above activities to help encourage your child to use their index finger.</p> <ul style="list-style-type: none"> – Cut the index finger off an old glove to help your child isolate their index finger. – Try tying a ribbon around index fingers to make your child aware of them. Some mini stickers could also be used in this way. 	
<p>Grasp and release (your child struggles to pick up and purposefully put down objects).</p>	<p>The ability to grasp and release objects is a very important part of your child’s development. They need to learn this skill before they are able to develop other skills such as playing with puzzles, learning to dress and handwriting.</p> <p>Grasp will develop gradually from gripping objects with the little finger side of the hand (ulnar) to gripping things in the palm of the hand to gripping objects using thumb, index finger and palm. Similarly, children will usually grip objects with palm first and then develop to use fingers and then graduate on to using fingertips.</p> <p>Strong / power grips – Palmer and cylindrical grips would be some examples of power grips.</p> <p><u>Activities:</u></p> <ul style="list-style-type: none"> – Playdough – kneading, squeezing, punching, flattening. – Wringing out flannel. 	

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	<ul style="list-style-type: none"> – Handling, catching, rolling small balls e.g. tennis balls. – Encourage child to take objects from and put objects back into a container. – Squeeze squeakers, sponges or Playdough. <p>Pincer grip – This is between thumb and tips of fingers, primarily thumb and index finger. These activities can be used to practice pinch grip and strengthen it.</p> <p><u>Activities:</u></p> <ul style="list-style-type: none"> – Sorting out buttons/small pieces of Lego by colour. – Pick up raisins/small sweets/small pieces of fruit. – Puzzles with small knobs, peg boards. – Finger crayons. – Threading beads/buttons. – Taking large paper clips off the side of a container (box). – Reading and turning pages. – The child pushes toothpicks or golf tees through the lid of an egg carton. <p>Releasing an object from a grip is an intentional act demanding control so that the object is released at a specific time and place. In general activities which address grasp will also address release. Here are some activities that promote the necessary control for releasing objects from the hand.</p> <p><u>Activities:</u></p> <ul style="list-style-type: none"> – Ask the child to drop objects into a large container. As the child progresses the size of the container can be reduced demanding finer control of the release. – Posting pennies (cut a hole in an empty margarine tub to post through). – Using educational toys such as shape sorters. – Playing Pass the Parcel. – Make a cardboard box ‘mail box’ and play mail man to practice posting letters. Allow child to post any letters or cards. – Throw beanbags into a target or into a bucket. – Rolling a ball at skittles. – Playing games like dominoes (large or magnetic dominoes). – Stacking building blocks/beakers/cardboard boxes/yoghurt pots. 	
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	<p>– Placing rings on a cone.</p>	
<p>Hand preference (A hand preference usually starts to develop between the ages of 2 to 4, however it is common at this stage for children to swap hands. Between the ages of 4 to 6 years a clear hand preference is usually established).</p>	<p>Hand preference refers to the consistent favouring of one hand over the other for the skilled part of an activity. For example, when writing or drawing the preferred hand holds and uses the pencil whilst the other hand supports the paper. Some people refer to the preferred hand as the “dominant hand” or use the term “hand dominance”.</p> <p>A hand preference usually starts to develop between the ages of 2 to 4, however it is common at this stage for children to swap hands. Between the ages of 4 to 6 years a clear hand preference is usually established.</p> <p><u>Establishing which hand is the preferred hand – helpful strategies:</u> If your child does not use one hand as their preferred hand, do not choose or force them to use one hand. Instead, carefully observe your child whilst he is playing or doing everyday activities. Make a note of whether one hand is used more, or if one hand appears more skilled than the other. For example, observe your child drawing or writing; cutting and pasting; brushing his teeth or hair; eating and drinking; and during any other play activities.</p> <p>Encourage your child to participate in a wide range of play and everyday activities to provide opportunities for your child to develop their hand skills. Position toys or activities in front, and to the centre, of your child so that they can choose which hand to use rather than using the hand closest to the toy. For example, position pencils in front of your child when they are drawing so that they can choose which hand to hold the pencil with rather than using the hand closest to the pencil.</p> <p><u>Encouraging the use of the preferred hand – helpful strategies:</u> Once it is clear which hand your child prefers or demonstrates more skill with, it is important to encourage your child to consistently use this hand. For example, when your child is cutting with scissors encourage your child to use her preferred hand to hold the scissors and her other hand to position the paper.</p>	

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	<p>Talk to your child about using one hand as a “doing” hand (preferred hand) and the other hand.</p> <p>Give your child lots of feedback and encouragement so they are aware of which hand they are using and can start to more consistently use one hand as the preferred hand.</p> <p>Encourage your child to finish an activity with the hand they started with. If their hand becomes tired or they want to swap hands get them to stop and have a rest (stretching and shaking arms/hands may be helpful). Regular rest breaks may be required until your child builds up the strength and skill to consistently use the preferred hand.</p> <p>Bilateral activities, crossing the midline and fine motor tasks will all assist in developing hand preference.</p>	
<p>Hand strengthening and stability (your child may struggle with activities such as using playdoh, removing container lids or squeezing water from a sponge).</p>	<p>Using one hand at a time, screw up small pieces of paper into small balls. Paper should be held at the bottom with thumb uppermost. Try scrunching the paper with arm held out in front at shoulder height. Begin with thin paper and gradually use thicker paper. Play a game by flicking the paper balls off the table into a bin or along the floor into a goal. Use different fingers to flick the paper balls.</p> <p><u>Using dough, playdoh or plasticine:</u></p> <ul style="list-style-type: none"> – Roll dough into a long sausage then pinch it with each finger to thumb in turn. Focus on index and middle fingers on left and right hands. – Squeeze the dough into a ball, break in two by pulling hands apart. – Use rolling pins, biscuit cutters or ‘Soft Stuff’ kits (available at Early Learning Centre). – Knead the dough to make bread. – Push dough through a sieve, garlic press or potato masher. – Use a knife and fork to cut dough. – Hide buttons, coins and other small objects in the dough for the child to try and find. – Make pinch pots and coil pots. <p>Write numbers or letters on clothes pegs and use for spelling and math practice. Use thumb and each finger in turn to operate pegs (try with left and right</p>	

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	<p>hand), peg along edge of a box to spell out a word or form an equation.</p> <p>Play games with clothes pegs e.g. picking small items up with pegs, using them as soldiers pegged along edge of a box and placing pegs on and off child's clothes.</p> <p>Use toys that involve a squeezing type action such as squirt guns or other bulb squeezers. Examples of games include water play with empty shower gel bottles at bath time and squirting water from a spray bottle to hit a suspended target outside e.g. balloons.</p> <p>Wring out flannels and sponges at bath time or in pretend play. This activity could be turned into a water relay, transferring water between two buckets using only a sponge. Adding a few drops of food colouring to create coloured water can make this activity more exciting.</p> <p>Sand play or gardening involving digging and shovelling with hands and fingers or an implement.</p> <p>Play with a variety of different sized plastic containers with screw top lids. Exciting things could be placed in the pots to motivate the child to want to open it.</p> <p>Encourage fine motor activities in the vertical position such as drawing at an easel, playing with magnetic letters, ink stamping.</p> <p>Use chalk or crayons on their side to colour in large patterns, to do tree bark/brick wall rubbings or rub over stencils. Child holds the crayon flat on the paper between their index finger, middle finger and thumb (tripod grasp).</p> <p>Pop plastic bubble wrap using a pincer grasp i.e. between index finger and thumb.</p> <p>Use brick construction kits such as building bricks, magnet blocks, Stickle Bricks, Lego and Duplo.</p> <p>Feely games in rice and lentils. Hide small items in boxes of lentils or rice and have the child dig down with their hands to find the items.</p>	
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	<p>Tong relay – child picks up small toys or objects with a pair of tongs or training chop sticks and transfers them in a container. The next child uses the tongs to transfer the object into another container. Two groups of children could race to get all the objects from the first container into the last container. Heavier objects could be used over time.</p> <p>Sitting at table, arm supported squeeze a foam ball 10-20 times. Increase resistance of ball over time and number of squeezes.</p> <p>Kneel on floor holding an empty plastic bottle with both hands, squeeze rapidly to blow Ping-Pong ball across the floor. This can be a fun activity for 2 or more people and incorporating goals.</p> <p>Also see “Playdoh and Putty” and “Playdoh / Putty Recipes” activity sheets below.</p>	
<p>Pincer grasp (grasping objects with thumb and index finger. You may notice your child struggles to pick up smaller play or food items e.g. raisins).</p>	<p>The pincer grasp is used to pick up items between the index finger and thumb. As this becomes more refined the child moves from using the pads to the fingertips. Using a pincer grasp is required for many fine motor tasks.</p> <p><u>Activities:</u></p> <ul style="list-style-type: none"> – Placing stickers in sticker books. – Pegboard activities. – Jigsaw puzzles with knobs. – Marble runs / helter skelter / marble games. – Sorting buttons. – Using dough, playdoh or plasticine. Roll dough into a long sausage then pinch it with each finger to thumb in turn. – Write numbers or letters on clothes pegs and use for spelling and math practice. Use thumb and each finger in turn to operate pegs (try with left and right hand), peg along edge of a box to spell out a word or form an equation. Play games with clothes pegs e.g. picking small items up with pegs, using them as soldiers pegged along edge of a box and placing pegs on and off child’s clothes. – Turning the pages of a book or picking up small pieces of paper. – Threading beads. – Pipe cleaners - making shapes and figures by twisting the pipe cleaners around each other. 	

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	<ul style="list-style-type: none"> – Picking up fragile objects with fingers (e.g. cornflakes, bits of foam). Trying not to break them or dent them. – Finger feeding with small food items e.g. cereal, smarties, currants. – Putting coins into a money box. – Pick up sticks using fingers or magnetic device. – Drop a specific number of paint drops from a dropper onto a wet paper towel to make patterns. – Zips, buttons and snaps. – Pop plastic bubbles on packing sheets. – Tearing pictures from a magazine. – Collages or papier Mache - child rips paper or card to make collage or Papier Mache, sticking plaster, dried beans, peas, lentils, sequins etc. onto marked paper. – Wind up toys. – Spinning tops. – Lego. – Dressing dolls with snaps, buttons and zips. – Construction kits with small nuts and bolts. – Tying simple knots. – Cover a picture with sticker a child can peel off. – Tiddlywinks. – Make a long play dough sausage and then pinch along it using the thumb and index finger to make a dinosaur or dragon. 	
<p>In hand manipulation (your child may have difficulty controlling smaller objects within their hands).</p>	<p>See “In hand manipulation” activity sheet below.</p>	

These activities can be incorporated into a child’s daily play activities at home and at nursery

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Playdough activity ideas

The following activities and exercises will help your child to develop his hand and finger skills. Commercially available playdough can be used for these activities or you can make your own. If you make your own get your child to help!

Playdough recipe

- ▶ 1 tablespoon cooking oil
- ▶ 1 cup flour
- ▶ ½ cup salt
- ▶ 1 tablespoon cream of tartar
- ▶ 1 cup boiling water
- ▶ Food colouring

Mix all the ingredients together using an electric mixer or a wooden spoon. Knead the mixture into a ball and wrap it up in plastic wrap immediately.

Once the playdough cools, remove the plastic wrap and store in an air tight container.



General activities

- ▶ On the table, roll the playdough into a sausage keeping your fingers straight. Try turning your sausage into a snake, mould it into letters or numbers, or plait two or three sausages together.
- ▶ Roll a piece of playdough between the palms of both hands until it is a smooth ball

- ▶ Flatten a large piece of playdough and make a handprint.
- ▶ Roll playdough flat using a rolling pin and cut out using biscuit or animal cutters.
- ▶ Squeeze playdough through a garlic crusher to make 'worms' or 'noodles'. These can be used as decorations such as hair for a person or cheese for a pizza
- ▶ Mould the playdough into animals, people, food, jewellery or volcanoes.
- ▶ Make pretend food such as a pizza, sausage or cake then cut it up using a knife and fork or scissors
- ▶ Make a bird's nest filled with eggs. Roll a ball of playdough between the palms of both your hands. Poke your thumb down into the centre of the ball and pinch all around to form the sides of the nest. Then make eggs by rolling the playdough into balls between your thumb and index finger.
- ▶ Squash all the playdough together when you have finished and store in an airtight container.



Please talk to your occupational therapist if you have any queries about the above information.

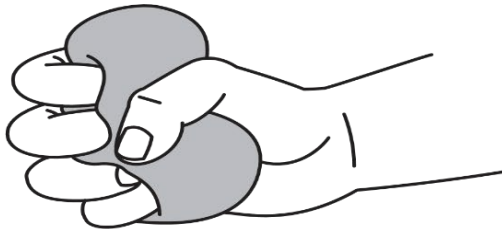
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Playdough exercises

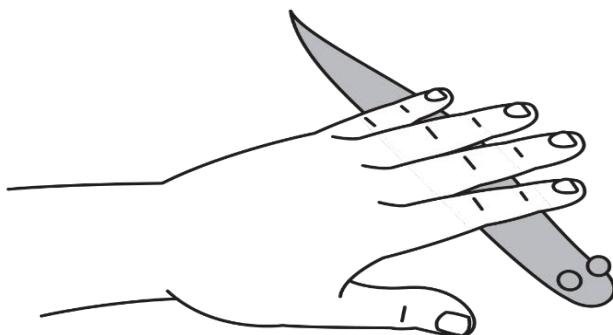
1. Squeezing and oozing

Place a ball of playdough in the palm of your hand and squeeze as hard as possible. Make the playdough ooze out between your fingers.



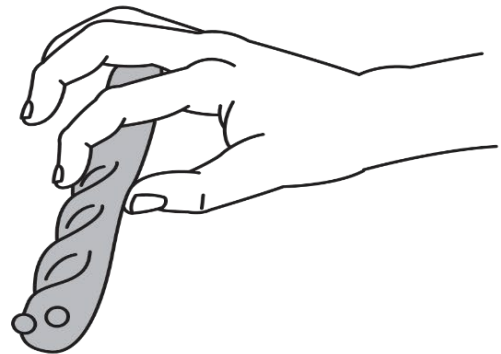
2. Make a snake

On the table, roll the playdough into a snake keeping your fingers straight.



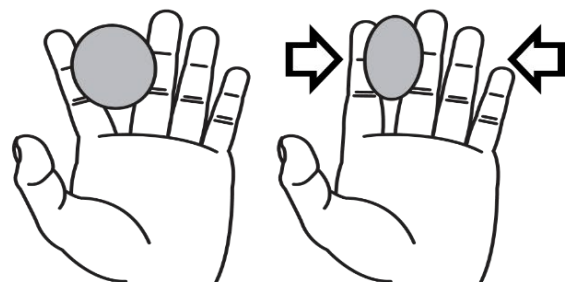
3. Pinch the snake

Pinch the snake all the way along, from head to tail.



4. Finger scissors

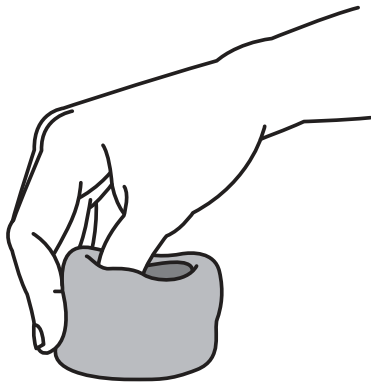
Place a ball of playdough between two fingers and squeeze your fingers together. Repeat with your other fingers.



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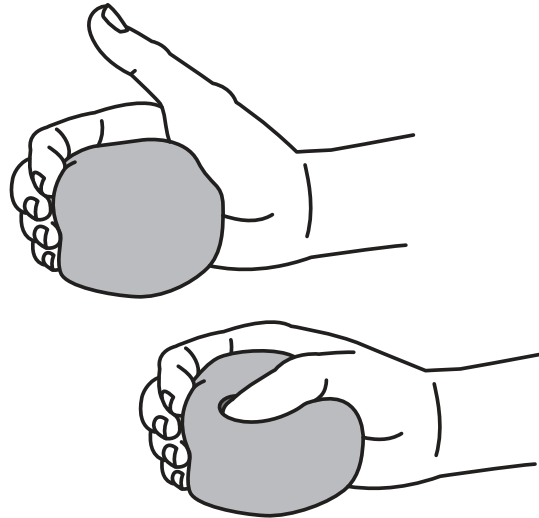
5. Make a bowl

Place a ball of playdough on the table. Place your thumb in the middle and pinch all the way around to make a bowl.



6. Hide 'n' seek

Shape the playdough into a ball. Place your hand and forearm on the table and grasp the playdough with your thumb pointing up. Bend your thumb and press it deeply into the playdough, then pull it out again.



Please talk to your occupational therapist if you have any queries about the above exercises.

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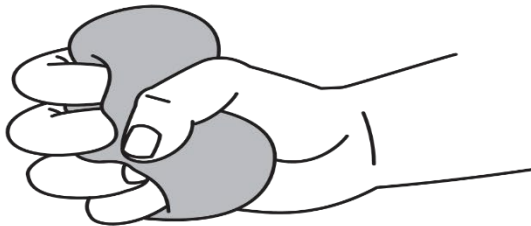


Exercises putty

To do these exercises you will need a container of exercise putty. This is available from The Equipment Distribution Centre at the Royal Children's Hospital or at some Pharmacies. Please talk to your occupational therapist about the type of exercise putty you need.

1. Squeeze exercise putty (Finger flexion)

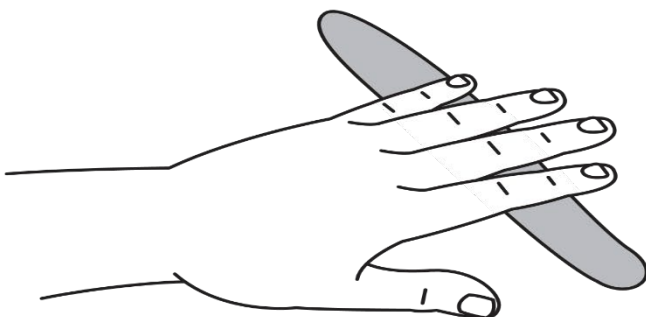
Place a ball of putty in the palm of your hand and squeeze it until the putty oozes out between your fingers.



Repeat _____ times. Do _____ times per day.

2. Roll exercise putty (Finger extension)

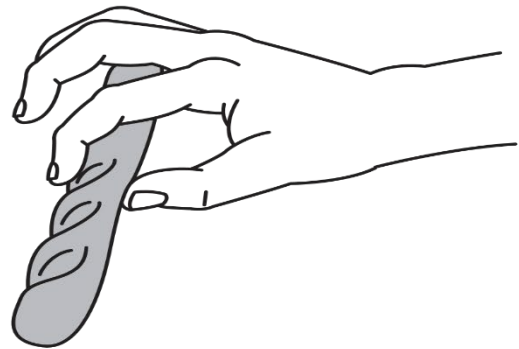
On the table, roll the putty into a sausage keeping your fingers straight.



Repeat _____ times. Do _____ times per day.

3. Pinch exercise putty (Isolated opposition)

Pinch the putty from one end of the sausage to the other. Try to pinch until your fingers and thumb meet.

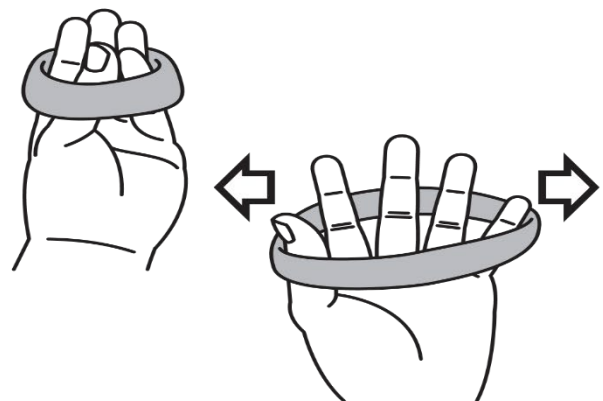


Repeat _____ times. Do _____ times per day.

4. Finger and thumb spreading

(Finger and thumb extension and abduction)

Place your thumb and fingers together. Place a ring of putty around the outside of the fingers and thumb. Spread your fingers and thumb as far as possible.

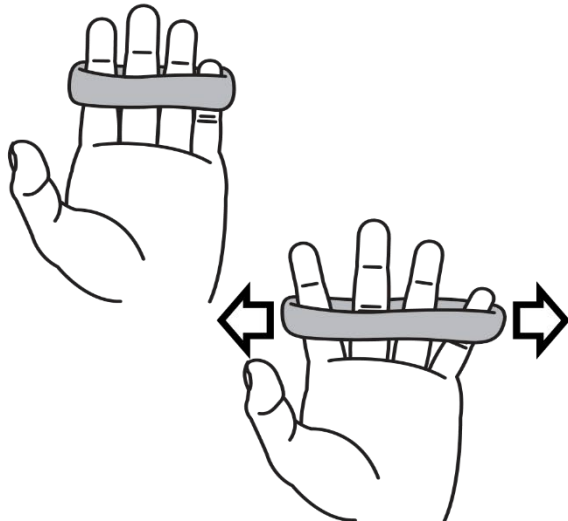


Repeat _____ times. Do _____ times per day.

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5. Finger spreading (Finger abduction)

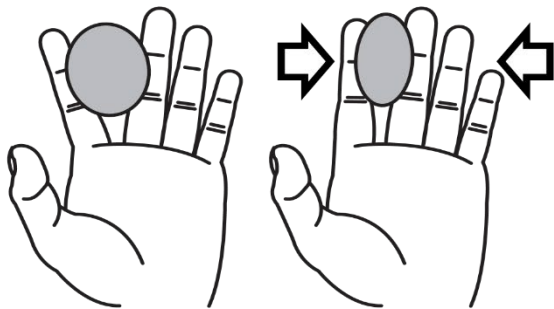
Place a ring of putty around your fingers. Spread fingers apart as much as possible.



Repeat _____ times. Do _____ times per day.

6. Finger squeezing (Finger adduction)

Place a ball of putty between two of your fingers and squeeze your fingers together. Repeat with your other fingers.

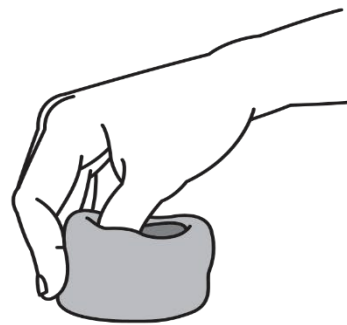


Repeat _____ times. Do _____ times per day.

7. Finger and thumb squeezing

(Opposition and intrinsic finger flexion)

Place a ball of putty on the table. Place your thumb in the middle and pinch all the way around.

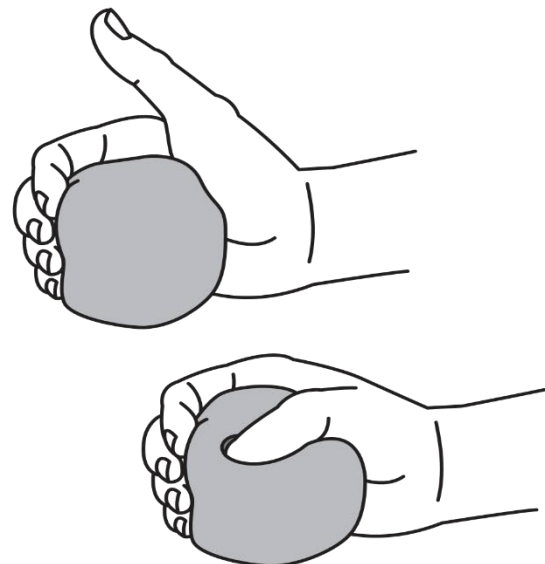


Repeat _____ times. Do _____ times per day.

8. Thumb bending and straightening

(Thumb flexion and extension)

Shape the putty into a ball. Place your hand and forearm on the table, and grasp the putty with your thumb pointing up. Bend your thumb and press it deeply into the putty, then pull it out again.



Repeat _____ times. Do _____ times per day.

Please talk to your occupational therapist if you have any queries about the above exercises.

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No-Cook Playdough Recipe

Ingredients

- 1 cup salt.
- 3 cups plain flour.
- 60ml vegetable oil.
- food colouring.
- 250ml (1 cup) warm water.

Method

- Mix all the dry ingredients and add oil.
- Add the food colouring to water.
- Slowly add the water, mixing with a wooden spoon, until the desired consistency is reached.
- Kneading will help to improve the texture. Break it into smaller parts and let your kids get into it!

Homemade Basic Slime Recipe

Ingredients

- 5 oz white glue
- ½ cup water
- Food colouring (optional)
- ½ tsp baking soda
- 1 tbsp saline solution
- 1 container

Method

- In a small bowl, pour out 5 oz of white glue.
- Add ½ cup of water and stir until the glue and water are fully mixed together.
- If you would like to colour your slime, add a few drops of food colouring. You can also use paint, soap colorants or pigments.
- Add ½ tsp baking soda and stir. This will help determine your slime's thickness.
- Add 1 tbsp of saline solution. Stir quickly. The slime will begin to form and pull away from the sides of the bowl. The saline solution will determine your slime's stickiness.
- Once the slime has pulled away from the sides of the bowl, knead it for a few minutes. It will still be sticky at first. That's ok.
- Store in an airtight container. If desired, print out a label and run through a sticker maker. Attach to the front of the container.

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Homemade Therapy Putty Recipe

Ingredients

- 4 oz. White Glue
- ¼ cup Corn-starch
- ¼ tsp Borax
- ¼ cup Very Hot Water
- 2-5 drops Food Colour

Method

- Pour glue into bowl
- Add corn-starch in with glue and Mix. Add the food
- Add the food colouring and mix again.
- In a separate bowl, mix very hot water and 1/4 tsp Borax until it is dissolved.
- Add it to the glue mixture and stir again.
- Get your hands in there and knead the putty until it's no longer sticky
- Pour out excess water and you're ready to use.

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In hand Manipulation

Posting



- Pick up a coin/bead/small object using one hand and hide it in your palm.
- Move the object from palm to fingertips using only thumb and finger.
- movements (not rolling it). Post the object into a purse/money box/small necked container.
- Start with larger coins/objects before progressing to smaller coins/objects.
- Progress to collecting 3 objects in your hand and then post one object at a time.
- Repeat with the other hand

Pencil Wiggle / Walk



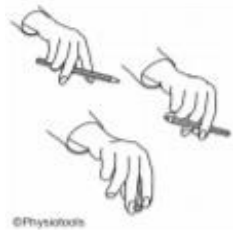
- Hold the pen/pencil up in the air at one end, as if you were about to write.
- Wiggle/Walk fingers up to the other end of the pencil using only finger and thumb movements.
- Then, wiggle/walk your fingers back to the original end of the pen/pencil.
- Repeat with the other hand

Ball Walking



- Walk a tennis ball up the wall or along a table, using only your fingertips.
- Try and keep the ball on a line.
- Take the ball around an obstacle course, or have a race with someone else.

Windmill



- Hold a pen/pencil up in the air, as if you were about to write.
- Turn the pencil like a windmill, using only the thumb and fingers that are holding the pen/pencil.
- Try clockwise 10 times and anticlockwise 10 times.

Pick up Stick Games



- The aim of the game is to gently pick up a stick, without any of the others moving. Alternatively, you could use straws to play the game.
- You will need to think carefully and keep your hand steady.
- With each stick, alternate which hand you use to pick it up.



Play Doh

- Roll the Play Doh into a snake. Pinch the Play Doh between thumb and index finger.
- Roll a ball of Play Doh between palms of your hands.
- Roll small balls of Play Doh between your thumb and first two fingers.
- Find small items hidden inside a large piece of Play Doh.



Paper Clips

- Link together paper clips to make a chain.
- How many can you connect in one minute. Can you beat your record next time?
- Can you take the paper clips apart again afterwards?



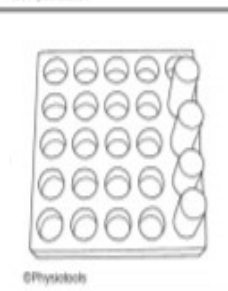
Screwing nuts and bolts

- Play with construction kits with nuts and bolts that require turning, screwing, pulling apart and pushing together.
- The child should use their thumb and index finger to screw on the nut and not just spin it on.
- Use hand over hand guidance to help the child understand the movements required.



Scrunching paper/Finger Skittles

- Scrunch up paper to make small balls. Use one hand at a time. Try scrunching the paper with arm held out in front at shoulder height.
- Flick the scrunched up paper to knock down skittles/toilet rolls.
- Use different fingers to flick the balls.
- Alternatively flick the balls off the table into a bin or along the floor into a goal



Pegboard/Hama Beads

- Pick up a peg/bead using one hand and hide it in your palm.
- Move the peg from palm to fingertips using only thumb and finger movements (not rolling it).
- Place the peg into the board. You can make patterns or place them randomly.
- Start with larger pegs before progressing to smaller pegs.
- Progress to collecting 3 pegs in your hand and then post one at.
- Repeat with the other hand

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Finger Puppets

- Play "Simon Says" with hand and finger movements.
- Child could wear finger puppets or put different coloured stickers on their fingertips.
- Use one hand at a time.
- Ask the child to touch the correct finger puppet / stickers with their thumb, change the order each time.
- Can the child remove the finger puppet / stickers using only the hand they are on?



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Tinfoil Jewellery

- Fold a sheet of tin foil over and over until you form a snake shape.
- Use the snake to make bracelets and necklaces for a teddy or doll.



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Collage

- Make a collage by gluing cotton wool balls, tissue paper, tin foil and glitter (or whatever materials you have) on to paper.
- Encourage the child to scrunch the paper / tin foil using one hand.
- Encourage the child to pick up paper / tissue paper off the table using their thumb and index finger.
- Encourage the child to open the glue lid / glitter pot.



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Dressing Dolls

- Practice dressing and undressing dolls.
- Practice buttons, zips and laces on a dressing board or on a garment laid out on the table in front of you.



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Resealable Zip-lock bags

- Practice undoing and doing up different zip-lock bags.
- Encourage the child to use their finger and thumb to seal the bags.
- Items for various activities could be stored in the bags e.g. coins / pegs for pegboard.



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Finger Gather

- Place a scarf / bandage / sheets of toilet roll on the table.
- Ask the child to rest the bottom of their hand on the end of the scarf closest to them.
- Child gathers scarf into their hand only using their fingers and without lifting their hand off the table.
- Place a toy on the end of the scarf so the child gathers the scarf to reach their toy.



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Coin pick up

- Line up a row of coins to be turned over using index finger and thumb only.
- Ask the child to place the coin down without making a noise.
- Start with large coins and progress to smaller ones.
- Repeat with the other hand.



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Feely Bags / Hide and Guess

- Hide items in a tub of rice / lentils or a bag.
- Child places one hand in the tub / bag to search for the items.
- Encourage child to identify / name the item before removing it from the bag.
- To make the game easier, identical items could be placed on the table in front for them to match.



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Stickers

- Remove stickers from a sticker sheet, using only the thumb and index finger of one hand (do not swap hands.)
- Attach the stickers to paper to make a picture or for use on a reward system.



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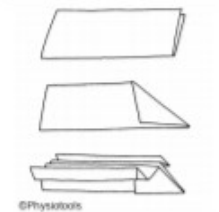
Spinning top

- Practice spinning a coin or a spinning top using thumb and index finger.
- An adult may need to demonstrate the movements.
- How long can you spin a coin / spinning top for?



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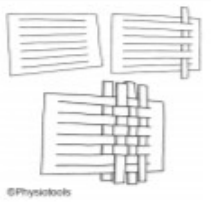
Make a paper aeroplane or simple Origami shapes



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Paper weaving

- Weave strips of coloured paper in and out of pre cut slots on an A4 piece of paper.
- It helps to say "in, out" as you go.
- You can also try weaving thin material in and out of the wire on a tennis racket.



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