

## HAND SKILLS



### Handies Activity Sheets

#### Using Two Hands

Child's Name: \_\_\_\_\_



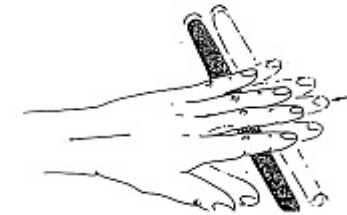
### **1** Grasp

Squeeze a ball of putty 10 – 20 times with each hand making sure that all fingers are included.



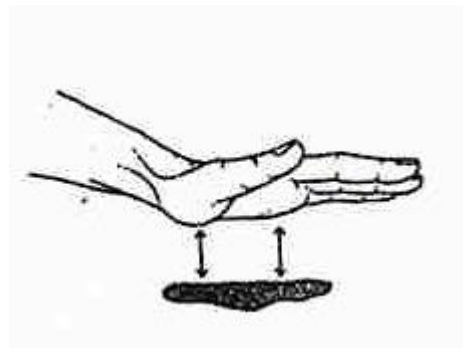
### **3** Extension

Roll out a ball of putty into a sausage using the whole hand. Use one hand at a time, then 2 hands together on the table and then try rolling the sausage between 2 hands up in the air



### **2** Wrist Extension

Whilst standing, flatten ball of putty with the palm of the hand (not fingers) into a flat pancake



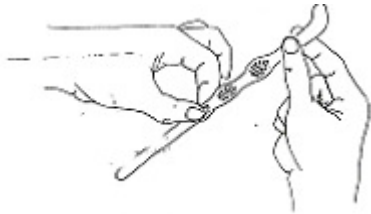
### **4** Finger Extension

Use a straightened finger to press into the putty to make holes in it. Repeat with each finger.



## **5** Opposition

Hold putty sausage with one hand. Use the other hand to pinch the sausage between the thumb & index and thumb & middle fingers alternately. Repeat with other hand.



## **6** Tripod Pinch

Place putty sausage flat on the table and pinch the putty into small peaks using the thumb against the index and middle finger.



## **7** Manipulation

With the child's forearm resting on the table, take small pieces of putty and roll them into balls using only the tips of the fingers and thumb. Repeat with the other hand.

Other suggestions:

- Tear up a piece of scrap paper, take a piece in one hand and scrunch it up into a ball using the fingertips. Using the thumb and index finger flick the paper balls towards a goal.
- Using a ball of putty, stick toothpicks into the putty to resemble a hedgehog. It is also good practice to pull the toothpicks out of the putty.
- Place an elastic band around the thumb and one fingertip and stretch it apart. Repeat with all fingers.

**NB:** When completing putty activities, particularly number 4, ensure the child does not hyperextend (bend the wrong way) at their finger joints e.g. the joints at the tips of their fingers.

## **HANDIES ACTIVITY SHEET**

### **HAND SKILLS:**

These activities have been put together to improve hand strength and fine motor skills, thereby helping handwriting skills. The activities can be done in any order. They should ideally be carried out about 3 times a week for about 10 – 15 minutes.

### **Equipment needed:**

- Theraputty
- Paper
- Toothpicks
- Elastic Band