

Your Name:

1

Grasp

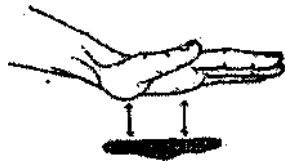
Squeeze a ball of putty 10-20 times with each hand making sure that all fingers are included.



2

Wrist Extension

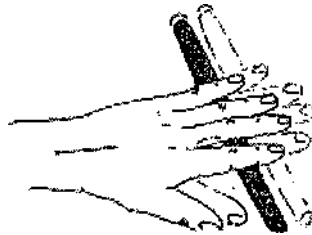
Whilst standing, flatten ball of putty with the palm of the hand (not fingers) into a flat pancake.



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.



4

Finger Extension

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

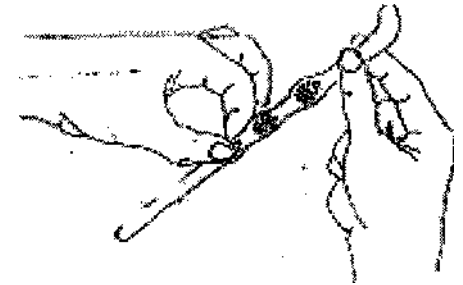


## Hand Skills

5

Opposition

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

