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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 practise 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

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.

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HAND SKILLS



Handies

Activity Sheet



Equipment needed: Paper, putty, toothpicks, elastic bands