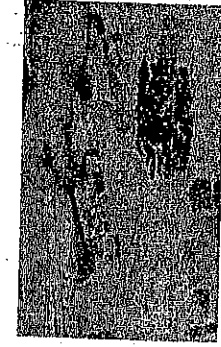


"CLEVER HANDS"

Level Three

Make a picture sticking pasta, lentils, sand, tissue paper.



Fizzy says – "How tightly can you scrunch the paper?"
Make sure you use your fingertips as in the picture.

SLIME (See resource list for recipe)

Fizzy says – "Play and enjoy!"

Warning: It is messy! Keep clothes covered!

PUZZLES

- 2 – 6 medium piece puzzles.
- 6 – 12 medium piece puzzles.
- 4 – 12 smaller piece puzzles.

Fizzy says – "What other puzzles can you do?"

MUSICAL INSTRUMENTS

- Toy trumpets / saxophone / flute.
- Keyboards / toy piano.
- Drums. Use two sticks and alternate left and right tapping.
- Castanets. Use in both hands, alternate left and right clicks.
- Recorder. How many different notes can you play?

- Thread small beads and / or small pasta pieces onto a lace.
- Try lacing cards / boards.
- Cut up straws and thread these onto a lace.

HAND & FINGER RHYMES

i.e. 'Here's the church; here's the steeple.'
'Incy Wincy Spider.'

Fizzy says – "Can you think of any more?"

FINGER CYMBALS

Fizzy says – "Place a cymbal on your thumb and index finger."

Change the fingers they are used on.
Try using your other hand.

Now put a set on each hand.

Fizzy says – "What rhythms can you make?"

PEELY GAMES

Hide small items in a box of sand/ rice/pasta/flour etc.

- e.g. 1p and 5p coins
- Paper clips
- Small beads / marbles / cubes
- Miniature cars / toys / dolls furniture etc....
- Have a duplicate set ready.

Fizzy says – "Now close your eyes. What can you find? Describe the items. NO PEEPING!"

How can you point to the same item on the tray?

Fizzy says – "Try this game again placing the

Fizzy's Training Games

There are three levels to the "Clever Hands Training Games", and this is Level Three.

Play the games in any order until you are good at all of them.
The games should be fun and repeated on a regular basis to improve hand dexterity & strength.
(Resource list accompanies this programme.)

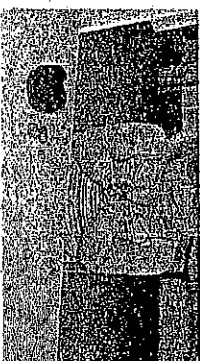
Comments should be directed to:
Head Occupational Therapist at
The Mary Sheridan Centre, 43 New Dover Rd,
Canterbury, Kent. CT1 3AT

PLAYDOUGH

- Make a nest and some little eggs to go in it.

Roll the playdough into a long sausage shape and then coil it round to make a nest. Pinch off some more playdough and roll it between your fingers to make the eggs.

Fizzy says – "Here's how to make it."



Fizzy says – "How many eggs can you make?"

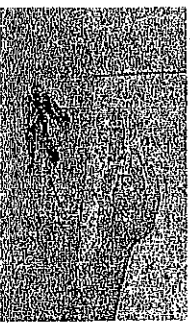
Now try an Easter basket!

Fizzy says – "I'm hungry, can you make me a pizza?"

Think of all the things you have done. Can you make a pot?"

PEGS

For "graded" pegs. (see resource list)



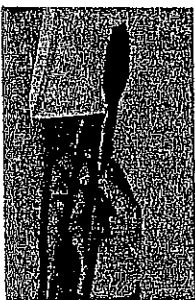
Fizzy says – "Look at the picture. Hold the peg this way."

Start with the easiest pegs. See how fast you can peg 10 pegs onto a box. Can you beat your own time?

- Use one peg in each hand and alternate.

Fizzy says – "Ready for a challenge? What can you find to pick up using the peg."

TONGS

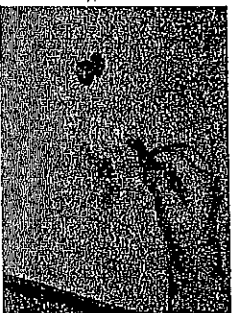


Fizzy says – "Use one hand on the tongs. Hold them with your thumb on one side and your fingers on the other like the picture."

- How many things can you find to pick up with tongs?

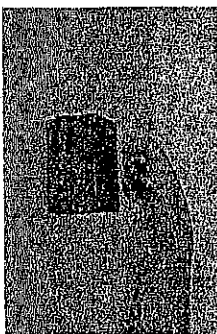
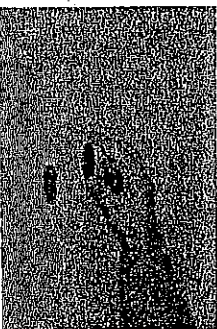
Fizzy says – "Did you find anything difficult? Why do you think that was?"

- Try different tongs. Which tongs were the most difficult to use? And why?



- Can you try picking up raisins/ plastic buttons with tweezers?
- Try this again now putting them into a bottle.

POSTING



Pick up 5 large coins one at a time; keep them in your palm. Post them one at a time.

- Now try using smaller coins.

Fizzy says – "Now post the coins with your right hand, then your left hand alternately."

- How easy is this game when using 2 boxes?

Fizzy says – "Can you pick up a coin in each hand and post them into each box at the same time?"

PASTRY MAKING/ SALTDOUGH

- Roll the pastry using a rolling pin and cut it out using pastry cutters or shape cutters or with a play/knife.

Fizzy says – "What else can you make?"

LEGO

- Can you build a tower of 10 Lego bricks one brick at a time? How fast can you do this? Can you pull them apart one at a time?

Fizzy says – "What can you make?"

HAMMERING

- Which toys can you use a hammer with?

