

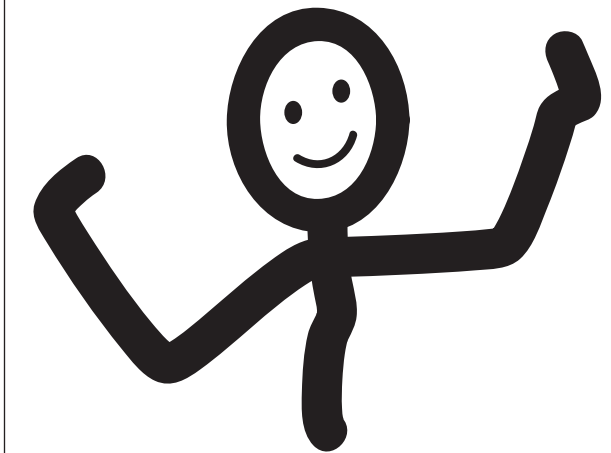
# SLIME

1. 1 cup cornflower
2. Add enough water to make a firm, yet pliable, slightly runny consistency.
3. Use food colouring or paint to add colour.
4. Shape into a ball then watch as the slime 'melts' and runs through your fingers!

Other comments or suggestions:

## Fizzy's Training Games: Clever Hands Resource

Resource List For O.T. Programmes



A programme compiled by  
Occupational and Physiotherapists.

Advice for  
parents, carers and education staff.

[www.eastcoastkentpct.nhs.uk](http://www.eastcoastkentpct.nhs.uk)

**Comments or suggestions should be directed to:**

Head of Occupational Therapist or  
Superintendent Physiotherapist

**Children's Assessment Centre**

Kent & Canterbury Hospital  
Ethelbert Road, Canterbury, CT1 3NG  
Phone: 01227 783043 Fax: 01227 783185

If you would like this leaflet in another format or  
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our services, please contact PALS.

**Phone:** 0800 085 6606  
**Email:** [pals@eastcoastkent.nhs.uk](mailto:pals@eastcoastkent.nhs.uk)

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## Written Materials and Programmes:

### Fine Motor Dysfunction:

Therapeutic strategies in classroom.  
K. Johnson Levine (1991)

Therapy skills builders.  
(A division of communication use psychological corporation)  
**Telephone:** 0171 424 4456.

Resources also available from certain high street bookshops. Practical strategies to use and activities to develop fine motor skills.

### Sensory Motor Activities for Early Development:

C. Hong, H. Gabriel et al. Winslow Press Ltd. (1997)  
(Has reproducible activities)  
**Website:** [www.winslow-cat.com](http://www.winslow-cat.com)  
**Telephone:** 0845 230 2777

### Hands at Work and Play:

Developing fine motor skills at school and home.  
J. Knight and M. Decker (1994)  
(Has reproducible activities)

Therapy skill builders.

### Pre Scissor Skills:

A success learning programme for teaching sequential scissor skills to preschool and developmentally delayed students.  
M. Klein (1987)

Therapy skill builders

### Developing Scissor Skills:

A Guide for Parents and Teachers.  
S. Mahoney and A. Markwell. Peta (UK) Ltd.  
(Has reproducible activities)  
**Address:** Marks Hall Lane, Margaret Roding, Chelmsford, Essex, CM6 1QT.  
**Website:** [www.peta-uk.com](http://www.peta-uk.com)

### Learn to Cut:

A structured programme of cutting tasks with reproducible patterns.  
R. Wolfe (1987)

Communication skill builders.

### Pre-writing Skills:

A success learning programme for teaching sequential pre-writing skills to preschool and developmentally delayed children.  
M. Dunn (1982)

Communication skill builders.

### The Teodorescu Perceptuo Motor Programme:

A unique programme to develop the fine motor and perceptual skills necessary for effective handwriting.  
I. Teodorescu and L. Addy (1996)  
(Reproducible worksheets)  
**Address:** LDA, Duke Street, Wisbech, Cambridgeshire, PE13 2AE  
**Website:** [www.ida.learning.com](http://www.ida.learning.com)

### Speed Up!

A kinesthetic programme to develop fluent handwriting.  
L. Addy (2004)  
**Address:** LDA, Duke Street, Wisbech, Cambridgeshire, PE13 2AE  
**Website:** [www.ida.learning.com](http://www.ida.learning.com)

### Mazes:

Photocopy masters for Developing Fine Motor Skills.  
**Address:** LDA, Duke Street, Wisbech, Cambridgeshire, PE13 2AE  
**Website:** [www.ida.learning.com](http://www.ida.learning.com)

## Equipment:

### Graded therapeutic putty and graded pegs:

LDA Ref: LD765 provides graded resistance, available from Home Craft Ability One Catalogue.  
**Address:** P.O. Box 5665 Kirby in Ashfield, Nottinghamshire, NG17 7QX  
**Website:** [www.homecraftabilityone.com](http://www.homecraftabilityone.com)  
**Telephone:** 01623 757555

### Range of hand toys for Fizzy hands programme:

Available from many high street retailers and catalogues.

### Graded therapeutic putty:

PhsioMed Service Ltd  
**Telephone:** 01457 860444

Nottingham Rehab Supplies

**Website:** [www.nrs-uk.co.uk](http://www.nrs-uk.co.uk)  
**Telephone:** 0845 120 4522

### Task Master Ltd resources catalogue:

For various pencil grips, comfort grips, stubbi grips, rigid comfort pencil grips.  
**Website:** [www.taskmasteronline.co.uk](http://www.taskmasteronline.co.uk)  
**Telephone:** 01162 704286

### Philip and Tracey Limited:

Lycra graphite pencils (thick, short, triangular shaped pencils) and sloping desk.  
**Website:** [www.philipandtracey.co.uk](http://www.philipandtracey.co.uk)  
**Telephone:** 01264 332171

### Round and Round the Garden Play Rhymes for Young Children:

Compiled by Sarah Williams, illustrated by Ian Beck  
© Copyright to Oxford University Press (1983)

### Boots the Chemist:

Knife, fork and spoon cutlery set with moulded handles.