

CLEVER HANDS

Level 1 Page 117

Level 2 Page 122

Level 3 Page 126

Fizzy Training Games Clever Hands Level 1



PLAYDOUGH

Skill: hand strength, use of two hands together, applying appropriate pressure

- Can you roll out a sausage?

Make sure you use two hands.

Now can you turn your sausage into a dinosaur by using your thumb and first finger to pinch along the top to make spines?

- Roll it flat and make shapes using cutters.
- Roll a sausage again, can you cut it into pieces with a play knife?

Try to keep your first finger on the top of the knife and your thumb and the other fingers either side. Hold your playdough still with your other hand.

- Can you roll it flat again and make a face out of the playdough?

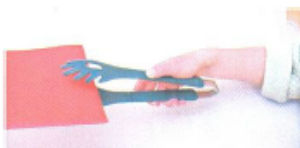
PEGS

Skill: hand strength

(For "graded" pegs see Resource List)

Look at the picture, hold the peg this way.

- Peg pegs onto the edge of a box
- Peg pegs onto a rag doll / teddy
- Peg pegs onto a T-shirt on a teddy

Clever Hands
Level 1**TONGS***Skill: hand strength, applying appropriate pressure*

Use one hand on the tongs. You need to hold the tongs with your thumb on one side and your fingers on the other.

- Snap the tongs like a crocodile
- Can your crocodile bite the paper?
- Tear and scrunch up paper and pick it up with your tongs
- Pick up cotton wool balls
- Now try little bricks

POSTING*Skill: manipulation, hand-eye coordination, use of two hands together, hand dominance*

- Pick up and post coins into a money box



- Post dried peas / pasta / sugar decorations into a bottle and screw up the lid.

NOTE

If you are working with a child who still puts objects into his / her mouth use edible items, e.g. raisins, dried banana chips, 'holey' cereals etc.

PASTRY MAKING*Skill: hand strength, applying appropriate pressure*

- Roll the pastry into a ball. Flatten it with your hands. Cut it into shapes using pastry cutters and shape cutters

DUPLO*Skill: hand strength, applying appropriate pressure, using both hands together, developing preferred hand*

What can you make?

Clever Hands
Level 1**HAMMERING***Skill: hand-eye coordination, hand dominance, dissociate hand from forearm movement, applying appropriate pressure*

- Find toys with which you can use a hammer

**THREADING***Skill: hand-eye coordination using two hands together, fine manipulation*

- Thread large beads onto dowels / sticks

HAND AND FINGER RHYMES AND GAMES

e.g.

- Two Little Dicky Birds
- Twinkle, Twinkle Little Star
- Tommy Thumb
- Play games with finger puppets

FEELY GAMES - Skill: tactile awareness

- Hide everyday objects in a box of sand / rice / pasta / flour etc e.g. teaspoon, cotton wool balls, large beads, little bricks, toothbrush etc.

What can you find? Try this game again placing objects into a bag.

**FEELY PICTURES***Skill: fine manipulation*

- Tear up tissue paper.
- Scrunch up the paper using your fingers (as in the picture) and glue onto the paper.

You can also use cotton wool, glitter, string, sand and oddments of different textures.
What else can you use for your picture?

Clever Hands

Level 1 : more ideas to practise:-

SLIME (see page 125 for recipe)

Skill: tactile awareness, grasp and release

Play and enjoy ! It is messy ! Keep clothes covered !

INSET PUZZLES

Skill: hand dominance, manipulation

Try large and easy to manipulate inset puzzles

PUZZLES

Skill: pincer grasp, use of two hands together, hand dominance

- Wooden inset puzzles with chunky hand grips.
- Wooden inset puzzles with small hand grips.
- 2 – 4 piece puzzle within a framed border. Large chunky 2 piece interlocking puzzles.

MUSICAL INSTRUMENTS

- Castanets / maracas
- Toy trumpets / saxophone
- Keyboards

FINGER CYMBALS

- Place a cymbal on each index finger and clap together
- Now place a cymbal on your thumb and index finger of one hand.

Play and enjoy!

MORE IDEAS

- Patting and tapping a balloon into the air

You may need to use both hands:-

- Squeeze a plastic bottle or bath toy in water to make bubbles
- Blowing bubbles. Can you pop them with one finger?
- Squeeze squeaky toys – see pictures below



SLIME

1 cup Cornflour

Add enough water to make a firm, yet pliable, slightly runny consistency

Use food colouring or paint to add colour

Shape into a ball then watch as the slime 'melts' and runs through your fingers!

Clever Hands
Level 2**PLAYDOUGH**

Skill - use of two hands together, hand strength, applying appropriate pressure

- Can you make a snake?

Make sure you use two hands when rolling out the playdough



- Now can you roll it into a snail like the picture?
- Can you make a hedgehog and give him lots of spines?

You can use wooden dowels or little sticks.

PEGS

Skill: hand strength
(For 'graded' pegs see resource list).
Look at the picture. Hold the peg this way.



- Peg flash cards onto the edge of a box.
- Peg doll's clothes or small clothes onto a washing line.
- Peg pegs onto a paper plate to make a sunshine

**TONGS**

Skill: hand strength, applying appropriate pressure

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

Clever Hands
Level 2

- Snap the tongs like a crocodile.
- How many items can your crocodile collect?
- Now pretend the tongs are a crane.
- What can you pick up? e.g. polystyrene balls, little bricks, little cars

**POSTING**

Skill: manipulation, hand-eye coordination, use of two hands together, hand dominance

Pick up 2 large coins, one at a time and keep them in the palm of your hand.



Now try posting one while the other one remains in your hand. Now post the other one.



Can you use your other hand?
Now try with smaller coins.

PASTRY MAKING / SALTDough

Skill:— hand strength, applying appropriate pressure

- Roll the pastry / dough into a ball.
- Flatten it with your hands.
- Cut it into shapes using pastry cutters and shape cutters.

STICKLE BRICKS

What can you make?

Clever Hands
Level 2

HAMMERING

- Can you find games with which you can use a hammer.



THREADING

- Thread 'holey' cereal / sweets onto pipe cleaners / straws.
- Thread medium beads / pasta pieces onto a sturdy tipped lace.
- Try lacing cards / boards

HAND AND FINGER RHYMES

e.g. 'Here's the church; here's the steeple'.

Can you think of any more?

FINGER CYMBALS

Place a cymbal on your thumb and index finger

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

FEELY GAMES

Skill: tactile awareness

- Hide medium items in a box of sand / rice / pasta / flour etc e.g. 10p, 50p, 2p, 20p coins, medium sized bricks / beads / toys / cars / dolls furniture etc. Have a duplicate set ready on a tray.

Now close your eyes. What can you find? Describe them. NO PEEPING!

- Now can you point to the same object on the tray?

Try this game again, placing objects into a bag instead.

Clever Hands
Level 2



FEELY PICTURES

Skill: fine manipulation

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

How tightly can you scrunch the paper?

Make sure you use your fingertips as in the picture.

SLIME (see page 124 for recipe)

Play and enjoy ! It is messy ! Keep clothes covered !

PUZZLES

- 4 – 8 piece puzzle within a framed border.
- Large chunky 2 – 6 piece interlocking puzzle.

What other puzzles can you do?

MUSICAL INSTRUMENTS

- Toy trumpets / saxophone / flute
- Keyboards / toy piano
- Drums. Try with and without sticks.
- Xylophone.
- Castanets / maracas (one in each hand).

Play and enjoy!

MORE IDEAS

- Squeeze a plastic bottle with one hand only to make bubbles in water.
- Using a spray bottle to spray water onto plants; or try to hit a target.
- Squeeze squeaky toys – see pictures below.



Clever Hands
Level 3**PLAYDOUGH***Skill: use of two hands together, hand strength, applying appropriate pressure*

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

Here's how to make it.



How many eggs can you make?

- Now try an Easter basket!

I'm hungry, can you make me a pizza?

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

**PEGS***Skill: hand strength
(For 'graded' pegs see Resource List).*

Look at the picture. Hold the peg this way.

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

- Now try this again using your other hand.
- Try one peg in each hand and alternate.

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

Clever Hands
Level 3**TONGS***Skill: hand strength, applying appropriate pressure*

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?

Did you find anything difficult? Why do you think that was?

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



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

POSTING*Skill: manipulation, hand-eye coordination, use of two hands together, hand dominance*

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

- Can you use your other hand?
- Now try using smaller coins.

Now post the coins with your right hand, then your left hand alternately.

- How easy is this game when using 2 boxes?



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

Clever Hands
Level 3

PASTRY MAKING / SALTDOUGH *Skill: hand strength, applying appropriate pressure*

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

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?

What can you make?



HAMMERING

- Which toys can you use a hammer with?

THREADING

- 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 AND FINGER RHYMES

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

Can you think of any more?

FINGER CYMBALS

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.

What rhythms can you make?

Clever Hands
Level 3

FEELY GAMES *Skill: tactile awareness*

- 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.

Now close your eyes. What can you find? Describe the items. NO PEEPIING!

- Now can you point to the same item on the tray?

Try this game again placing the items in a bag instead.



FEELY PICTURES

Skill: fine manipulation

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

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

SLIME (see page 124 for recipe)

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.

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?