

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



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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?

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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

