



Fizzy's Training Games: Clever Hands

Clever Hands Level One



Level One

A programme compiled by
Occupational and Physiotherapists.

Advice for
parents, carers and education staff.

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- There are three levels to the “Clever Hands Training Games” and this is level one for beginners.
- Play the games in any order until you are good at all of them, before going on to level two.
- The games should be fun and repeated on a regular basis to improve hand dexterity and strength.

(Resource list accompanies this programme)

Feely Games

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

Fizzy says: “What can you find?”

- Try this game again placing objects into a bag.

Feely Pictures

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



You can also use cotton wool, glitter, string, sand and oddments of different textures.

Fizzy says: “What else can you use for your picture?”

Slime (see resource list for recipe)

Fizzy says: “Play and enjoy.”

Warning: It is messy! Keep clothes covered!

Inset Puzzles

Try large and easy to manipulate inset puzzles.

Puzzles

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

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.

Fizzy says: “Play and enjoy!”

Other Ideas

- Patting and tapping a balloon into the air.
- Squeeze a plastic bottle or bath toy in water to make bubbles.

Fizzy says: “You may need to use both hands.”

- Blowing bubbles.
Can you pop them with one finger?
- Squeeze squeaky toys (see pictures).



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Play-dough

- Can you roll out a sausage?

Fizzy says: "Make sure you use both 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 piece with a play knife?



Fizzy says: "Try to keep your first finger on the top of the knife and your thumb and the other fingers either side. Hold your play doh still with you other hand."

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

Pegs (for graded pegs see resource list)

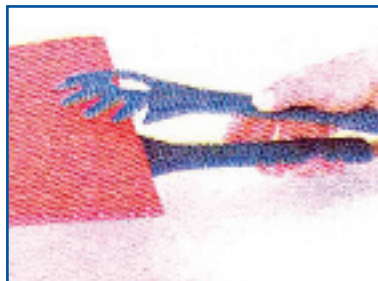
Fizzy says: "Look at the picture, hold the peg this way."

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



Tongs

Fizzy says: "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

- 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, for example, raisins, dried banana chips, 'holey' cereals etc.

Pastry Making

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

Duplo

Fizzy says: "What can you make?"

Hammering

- Find toys with which you can use a hammer.



Threading

- Thread large beads onto dowels/sticks.



Hand and Finger Rhymes and Games

- Two Little Dickie Birds.
- Twinkle, Little Star.
- Tommy Thumb.
- Play games with Finger Puppets.

Musical Instruments

- Castanets / maracas.
- Keyboards.
- Toy trumpets / saxophone.