




## 1. Shoulder Stability

Activity	Upgrade by
<p><b>1. Pushing Pairs:</b> Stand with feet slightly apart opposite a partner, place palms on partner's palms with straight arms, elbows slightly bent. Push steadily /continuously against partner for a count of 10.</p> 	<ul style="list-style-type: none"> <li>• Try this in high kneeling</li> <li>• Try pushing downwards onto partners hands held palm up.</li> <li>• Try pushing upwards onto partners hands</li> </ul>
<p><b>2. Drinking Cat:</b> Position the child on the floor on their hands and knees, as if they were a cat/dog. Put a saucer in-between their hands. Ask the child to bend their elbows to move their face to the floor as if they were drinking from a saucer.</p> <p>NB Ensure the child keeps the weight over their arms and does not sit back on their heels.</p> 	<ul style="list-style-type: none"> <li>• Increasing the number of 'drinks' from the saucer, work for 3,5,7,10.</li> <li>• Take 3 'drinks' very slowly.</li> <li>• Take 5 'drinks' quickly.</li> <li>• Move the saucer slightly forwards, so the child has to move more body weight over their arms.</li> </ul>
<p><b>3. Wall Art:</b> Print out on A4 paper a simple picture to colour, and pin to a wall at the child's face level. Ask the child to colour this in. The child has to maintain their arm in the air. Change crayons/colours as needed to give short rest breaks.</p>	<ul style="list-style-type: none"> <li>• Increase the time spent using one colour.</li> <li>• Use a larger picture A3 size</li> <li>• Use a maze or tracking task, which requires increased control.</li> <li>• Practise pre-writing patterns, or write letters or words using A3 paper.</li> </ul> <p>For the non-dominant hand, use A4 and then A3 paper and make a spiral shape starting off small to large, and then back to small.</p>




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	<p>Try this in a clockwise and anti-clockwise direction.</p>
<p><b>4. Washing Line:</b> Fasten thin rope/string approximately 2-3 metres in length along a wall or safe space at the child's face level. Using laundry pegs ask the child to peg cards or pictures onto the 'washing line'.</p> <p>NB these activities also encourage a pincer grip.</p>	<ul style="list-style-type: none"> <li>● Increase the number of items to peg.</li> <li>● Arrange the letters of their name.</li> <li>● Arrange different colours into groups.</li> <li>● Use playing cards to arrange in order.</li> <li>● Arrange a number line.</li> <li>● Arrange the letters of the alphabet.</li> <li>● Arranging cards <u>already pegged</u> on the line requires the child to keep their arms up and working, rather than having a break to pick up a card from the table.</li> </ul>
<p><b>5. Mirror Mirror:</b> Stand facing the child with arms outstretched at shoulder height. Move arms in simple <u>slow</u> movements which the child copies creating a mirror image. Use horizontal, vertical and circular movements.</p>	<ul style="list-style-type: none"> <li>● Increase the time spent moving.</li> <li>● Increase the range of movement, start with arm movements close to the body, and then use outstretched arms, which require more shoulder strength.</li> <li>● Stop at different points and hold that position for a few seconds/count of 5, before continuing.</li> </ul>
<p><b>6. Pass the Bean Bag:</b> Have the child seated or kneeling on the floor. Pass the child a bean bag above shoulder or head height which requires them to reach up with an outstretched arm to grasp. The child passes the bean bag to the other hand above head height and then drops into a box/bin by their side. The child keeps their arms up in the air whilst taking, passing and dropping the bean bag.</p>	<ul style="list-style-type: none"> <li>● Initially allow a rest in between bean bags.</li> <li>● Try and do 2 bean bag passes without dropping the arms, and then 3, and so on.</li> <li>● Increase the weight of the bean bag.</li> <li>● Ask the child to pass the bean bag from one hand to the other above their head, and then back to the other hand behind their back, then pass back above their head. Adult shouts 'change' to change direction.</li> </ul>
<p><b>7. Torch Drawing:</b> Use a darkened room, or 2-4 pieces of black sugar paper fastened to a wall. Give the child a small torch to shine onto the wall/paper. With the child using an <u>outstretched arm at shoulder height</u>, ask the child to draw a spiral circle working from small to large and back down to small. Repeat with the non-dominant arm.</p>	<ul style="list-style-type: none"> <li>● Make the spiral very slowly.</li> <li>● Draw a spiral in both a clockwise and then anti-clockwise direction.</li> <li>● Draw two spirals with a torch in both hands.</li> <li>● Draw letters, numbers and shapes.</li> </ul>

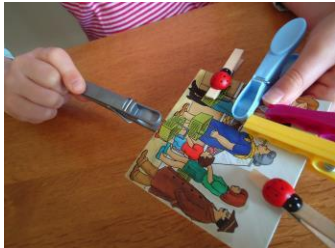

## ACTIVE HANDS ARE ACHIEVING HANDS - PRACTISE ACTIVITIES

2. Gross Grip	
Activity	Upgrade by
<p>1. <b>Dough Balls:</b> Break a large ball of playdough into 3-4 smaller parts. Ask the child to squeeze and squash the dough together to make one ball again. Encourage them to really squash and mould the dough into one larger ball.</p>	<ul style="list-style-type: none"> <li>• Break the playdough into more parts, and differing sizes.</li> <li>• Use old playdough that is stiff and requires repeated squeezing.</li> <li>• Use plasticine, or modeling clay, for even more resistance.</li> <li>• Use two balls of playdough and challenge the child to re-mould the pieces into one whole ball before you can.</li> </ul>
<p>2. <b>Tug of War:</b> Use a quoit, small plastic hoop, or twisted tea towel. Ask the child to hold the item using a gross grip, whilst the adult tries to pull it out their hand.</p>	<ul style="list-style-type: none"> <li>• Use different size items; wooden spoon handle, firm cardboard tube out of a foil or cling film roll, smooth garden cane, long table candle, pencil, rounders bat.</li> </ul>
<p>3. <b>Wet Cloth:</b> At the washbasin or using a large bowl of water ask the child to squeeze out a bath sponge. The child uses both hands to twist and squeeze the sponge to eliminate all the water.</p> <p>At home this could be done in the bath!</p>	<ul style="list-style-type: none"> <li>• Use a measuring jug to see how much water is squeezed out. Can the child beat this next time?</li> <li>• Use a larger car washing size sponge</li> <li>• Use a wash cloth or face cloth, show the child how to grip and twist/wring out the cloth.</li> <li>• Use a small hand towel or larger, thicker cloth</li> <li>• Use an A4 size piece of bubble wrap to twist and pop the bubbles!</li> </ul>
<p>4. <b>Punching Holes:</b> Using a hole punch, the child squeezes the hole punch with the whole hand to make holes along the edges of A4 paper.</p> 	<ul style="list-style-type: none"> <li>• Use 2 or 3 sheets of paper together to increase the resistance.</li> <li>• Use thin card</li> <li>• Use a garlic press with playdough to make dough string.</li> </ul>
<p>5. <b>Staple pairs:</b> Ask the child to staple together small playing card size pieces of paper using a stapler.</p> <p><i>(5. Staple Pairs Continued)</i> These could be matching shapes, letters, numbers, number bonds to 10 etc.</p>	<ul style="list-style-type: none"> <li>• Some staplers are easier than others- start with a mini stapler.</li> <li>• Staple together 3 pieces of paper, or even 4.</li> <li>• Use thin card</li> </ul>



## 2. Gross Grip

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<p>Ensure the child squeezes the stapler with a gross grasp, rather than pressing down on the stapler.</p> 	<ul style="list-style-type: none"> <li>• Can the child use the stapler holding in the air /off the table, rather than resting their arms on the table?</li> </ul>
<p><b>6. Blow Football:</b> Using a turkey baster and a small cotton wool or paper ball, ask the child to 'blow' the ball across the table. The child needs to make a series of quick whole hand squeezes with the turkey baster to move the ball.</p>  <p>Left Handed position</p>	<ul style="list-style-type: none"> <li>• Challenge the child to see how far one large 'blow' can make the ball move.</li> <li>• Make the ball move across the whole table to a given point/goal.</li> <li>• Have a race with the child to see who can 'blow' the ball over the finishing line.</li> </ul>
<p><b>7. Kitchen Tongs:</b> Using the style of kitchen tongs/salad tongs that require a whole grip to squeeze, ask the child to move cotton wool balls from one box to another.</p> 	<ul style="list-style-type: none"> <li>• Challenge the child to control and adapt their grip by using a range of different items, thinking about the shape, size and weight.</li> <li>• Use light weight items; string pieces, elastic bands, hair elastics, oxo cubes, table jewels, plastic pencil sharpener, foil balls, plastic insects etc.</li> <li>• Use heavier items; wrapped sweets, maths cubes, wooden beads, plastic animals, pencil erasers, teaspoon, pen, chess set pieces etc.</li> </ul>



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3. Pincer Grip	
Activity	Upgrade by
<p>1. <b>Laundry pegs:</b> Ask the child to squeeze open laundry pegs to fasten onto a greetings card or paper plate. Ensure the child uses only the index finger against the thumb, and uses the fingertip not the side of the finger. Use 10 pegs to fasten around the card.</p> 	<ul style="list-style-type: none"> <li>• Use different strengths and grades of pegs.</li> <li>• Use small craft pegs, or those used for displaying greetings cards.</li> <li>• Clip the pegs onto the child's clothing at various points –collar, cuffs, shoulder, elbow etc. for the child to remove.</li> <li>• Challenge the child to see how quickly they can clip 10 pegs onto a strip of card.</li> <li>• Use the laundry pegs to pick up small paper balls or beads, and move from dish to dish.</li> <li>• Clip together playing cards; matching numbers, pictures, set of 4 numbers, set of 4 faces in Happy Families etc.</li> </ul>
<p>2. <b>Tweezers:</b> Using science tweezers ask the child to move small foil balls from dish to dish. Ensure the child holds the tweezers between thumb and index finger, resting on the middle finger (tripod grip).</p> 	<ul style="list-style-type: none"> <li>• If this is difficult use a finger thumb pincer grip to sort coloured beads, post small 5p size coins/counters into a money box, pinch and squash small playdough balls.</li> <li>• Use different sizes of tweezers</li> <li>• Use different items to move :- table jewels, small plastic insects, small pom-pom balls, small beads, hula hoop crisps or cereal loops, dried pasta pieces.</li> <li>• Challenge the child to a race or to beat their personal best in moving 10 items dish to dish.</li> </ul>
<p>3. <b>Tug of War:</b> The adult holds a marble between index finger and thumb. The child tries to take/pull the marble away using index finger and thumb (pincer grip). Use only the thumb and index finger to tug and hold.</p>	<ul style="list-style-type: none"> <li>• Swap positions, ask the child to hold the marble whilst the adult tries to pull it away.</li> <li>• Hold a sustained pull for a count of 3,5,7,10.</li> <li>• Play tug of war with other shaped items; shoe lace, drinking straw, 50p coin, plastic coffee stirrers, paper bookmark etc. These items will require a secure, precise pinch.</li> </ul>
<p>4. <b>Money Lines:</b> Make a long fat sausage of playdough. Push a selection of small coins or counters into the dough so only a small</p>	<ul style="list-style-type: none"> <li>• Change roles, ask the child to pick up the coins and using a pincer grip push the coin into the playdough</li> </ul>



### 3. Pincer Grip

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<p>portion of the coin is standing vertically out of the dough. Ask the child to remove the coins using a pincer grip.</p> 	<p>sausage.</p> <ul style="list-style-type: none"> <li>• Push small beads into the dough sausage for the child to remove.</li> </ul>
<p><b>5. Bubble Wrap:</b> Ask the child to pinch/squeeze the bubble wrap bubbles to make them pop. Using the thumb and index finger of each hand, (or thumb and two fingers initially if needed).</p>	<ul style="list-style-type: none"> <li>• If this is difficult have the child press the bubble down on the table using the index finger to pop.</li> <li>• Challenge the child to see how quickly they can pop 3, 5, 7 etc.</li> <li>• Use large size bubble wrap.</li> <li>• Roll a dice to indicate how many bubbles need to be popped.</li> </ul>
<p><b>6. Tracing Pictures:</b> Using a very small stub of chalk or wax crayon, ask the child to trace a simple picture, letters or shapes, or colour a picture. The small piece of chalk or crayon requires a precise pincer grip to control.</p> 	<ul style="list-style-type: none"> <li>• Increase the amount of tracing to be done.</li> <li>• Use different pieces of chalk or crayon so the child has to re-position their grip.</li> <li>• Use mazes and 'follow the line' puzzles.</li> <li>• Fasten the paper to the wall so the child is working in a vertical plane, and developing shoulder stability.</li> </ul>

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4. Finger Isolation	
Activity	Upgrade by
<p>1. <b>Table Taps:</b> With the hand flat on the table ask the child to lift and tap each finger on the table. The fourth and fifth finger will be most difficult to do separately.</p> 	<ul style="list-style-type: none"> <li>• Tap each finger 2-3 times before moving to the next finger.</li> <li>• Tap each finger once and then work backwards from the little finger</li> <li>• Give each finger a number or a coloured sticker and move that finger when called to.</li> <li>• Do each hand separately then together.</li> </ul>
<p>2. <b>Marble Pick-Up:</b> Ask the child to spread their outstretched fingers, and to pick up a marble whilst closing two fingers together.</p> 	<ul style="list-style-type: none"> <li>• Use index and middle finger initially</li> <li>• Try between middle and ring finger, and then ring and little finger</li> <li>• Challenge the child to move 10 marbles as quickly as possible</li> </ul>
<p>3. <b>Pinching Dough:</b> Roll a fat dough sausage shape. Ask the child to pinch the dough along the sausage using thumb and each finger in turn.</p>	<ul style="list-style-type: none"> <li>• Use different strengths of dough, plasticine and modeling clay.</li> </ul>

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5. Thumb Rotation	
Activity	Upgrade by
<p>1. <b>Dough Balls:</b> Using a small piece of dough ask the child to roll a ball with the thumb over the fingers.</p> 	<ul style="list-style-type: none"> <li>• Use stiffer dough, modeling clay or plasticine.</li> <li>• Use different size pieces of dough.</li> </ul>
<p>2. <b>Marble Run:</b> Holding a marble in a pincer grip, ask the child to roll the marble across their fingers to the little finger, and then back again to the index finger.</p>	<ul style="list-style-type: none"> <li>• If this is difficult try first with a playdough or plasticine ball.</li> <li>• Try it with a small bead or table jewel.</li> <li>• Can the child take the item across to the little finger and down into the palm of the hand?</li> <li>• Can the child perform the ultimate challenge of taking it from the index finger to the little finger, to the palm of the hand and then all the way back?</li> </ul>
<p>3. <b>Pencil Twirl:</b> The child holds the pencil horizontally between thumb, index and middle fingers. The child turns the pencil over and over using only these fingers.</p> 	<ul style="list-style-type: none"> <li>• This may be difficult at first, break it down in small steps, demonstrating slowly</li> <li>• Use a longer heavier pencil.</li> <li>• Try a small plant stake, small and long ruler</li> </ul>




## 5. Thumb Rotation

Activity	Upgrade by
<p><b>4. Thumb Twirls:</b> Holding a coin or plastic counter between thumb and index and middle finger, ask the child to turn the coin over, and over again.</p> 	<ul style="list-style-type: none"> <li>• Use different size coins or counters</li> <li>• Try with playing cards or old store or credit cards</li> <li>• When the child is proficient shout 'flip' to change the direction of the twirl.</li> </ul>
<p><b>5. Spinning Tops:</b> Use a small wooden or plastic spinning top. Can the child make it spin using thumb and fingers?</p> 	<ul style="list-style-type: none"> <li>• Use shop bought spinning tops, designed for Party Bags or Christmas Crackers</li> <li>• Make a larger spinning top using a pencil and a circle of card</li> <li>• Set two or three spinning tops going at a time which lasts the longest?</li> <li>• Use small windup toys with a plastic key</li> </ul>
<p><b>6. Pull the Bandage:</b> Unroll a bandage across the table in front of the child. The child places their hand on the end of the bandage. The thumb stretches out along the bandage and pulls it into the hand, continuing to gather the bandage in this way.</p> 	<ul style="list-style-type: none"> <li>• Make the bandage longer, so there is more to gather in.</li> <li>• Change the thickness of the bandage so the thumb has to work harder</li> <li>• How quickly can the child gather the bandage? Can they beat their last score?</li> </ul>



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6. In Hand Manipulation	
Activity	Upgrade by
<p>1. <b>Paper Ball:</b> Using an A5 piece of paper ask the child to scrunch up the paper using only the one hand. Fingers, thumb and hand have to move the paper to make it into a ball.</p>	<ul style="list-style-type: none"> <li>• Use different types of paper; tissue paper is easiest, kitchen towel, drawing paper, sugar paper.</li> <li>• Try larger A4 paper.</li> <li>• Challenge the child to see how quickly they can make a paper ball, can they beat their last score?</li> </ul>
<p>2. <b>Ladder Walk:</b> Make a strip of card the same size as a ruler. Divide the strip of card into 3cm sections with a number or colour in each section. The child holds the card between fingers and thumb and walks the fingers up and down the strip of card to the desired point.</p> 	<ul style="list-style-type: none"> <li>• Using the colours or numbers the child has to walk their fingers up and down to the corresponding section.</li> <li>• Roll a dice to randomly choose the section.</li> </ul>
<p>3. <b>Plate Spin:</b> Around the edge of a small paper plate mark numbers, shapes or use cartoon picture stickers. Using fingers and thumb of one hand the child turns the plate to reach the desired point.</p> 	<ul style="list-style-type: none"> <li>• Ask the child to move forwards several points at a time, gradually increase the distance moved.</li> <li>• Challenge the child to walk their fingers around the whole of the paper plate.</li> <li>• Can the child move the plate in the reverse direction?</li> <li>• Challenge the child to move the plate forwards and backwards by calling out specific points on the plate.</li> <li>• Use a larger paper plate.</li> </ul>
<p>4. <b>Magic Marble:</b> Place a marble on the child's palm. Ask the child to use the fingers and thumb of that hand to move the marble up until it is held between the thumb and index finger. Do this 3 - 4 times with each hand.</p>	<ul style="list-style-type: none"> <li>• Can the child move the marble back to the palm again?</li> <li>• Can the child pick up a marble and move it to the palm of the hand?</li> <li>• Whilst holding the marble can the child pick up another marble and do the same? Holding 3 marbles in the palm of the hand can the child bring each</li> </ul>

## 6. In Hand Manipulation

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	<p>marble in turn back to the fingers and place back on the table, without dropping the others?</p> <ul style="list-style-type: none"> <li>• Try with different shape objects - small beads, table jewels, small coins or counters.</li> </ul>
<p>5. <b>Bandage Walk:</b> Use a bandage or a wide ribbon. Extend the bandage away from the child along the table. The child places the heel of the hand on the edge of the bandage, and using the fingers pulls the bandage towards them.</p>	<ul style="list-style-type: none"> <li>• Using all the fingers, how quickly can the child pull in the bandage?</li> <li>• Can the child pull in the bandage using the fingers in a drumming action starting with little finger through to index finger?</li> <li>• <b>NB</b> rolling the bandage up using 2 hands is good for thumb movement.</li> </ul>
<p>6. <b>Guess What?</b> Place an item onto the child's palm. The child has to manipulate the item to guess what it may be? NB this is done without vision so use a blindfold or place items in a drawstring PE style bag.</p>	<ul style="list-style-type: none"> <li>• Use items appropriate to the age of the child.</li> <li>• Key, eraser, pencil sharpener, sweet, maths cube, piece of lego, bead.</li> <li>• Use small squares of different fabric</li> <li>• Use different plastic farmyard animals</li> <li>• Use plastic letters, numbers or shapes</li> </ul>

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7. Two Handed Tasks	
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<p>1. <b>Holding Still:</b> Ask the child to hold a small yoghurt size pot in their non-dominant hand. With the dominant hand remove coins to post into a moneybox.</p>	<ul style="list-style-type: none"> <li>The non-dominant hand needs to hold the pot upright BUT adjust the position to help retrieval of the coins.</li> </ul>
<p>2. <b>Cotton Reel:</b> Holding the cotton reel in the non-dominant hand ask the child to wind string or thin ribbon onto the cotton reel.</p>  <p>Left handed position</p>	<ul style="list-style-type: none"> <li>If this is difficult at first use a small cardboard tube and ribbon.</li> <li>Encourage the child to keep the cotton reel still whilst the dominant hand winds the string.</li> <li>Use different size reels</li> </ul>
<p>3. <b>Threading Beads:</b> Ask the child to thread 10 beads onto a lace. The child must keep/return the lace to the non-dominant hand, whilst the dominant hand threads the bead.</p>	<ul style="list-style-type: none"> <li>Ensure the child establishes a threading sequence, work slowly if necessary</li> <li>Use different size beads, and shorter tag on the threading lace</li> <li>Time the child and encourage them to beat their last score.</li> </ul>
<p>4. <b>Sewing Card:</b> Ask the child to use a running stitch to complete a simple sewing card. Ensure the card is held consistently in the non-dominant hand.</p> 	<ul style="list-style-type: none"> <li>Show the child how the non-dominant hand can turn the sewing card over to allow the dominant hand to sew.</li> <li>Use a firm paper plate with the rim punched with holes to help this.</li> <li>Try a clear Perspex sewing board available from <a href="http://www.specialdirect.com">www.specialdirect.com</a> and other educational suppliers</li> </ul>
<p>5. <b>Stencils:</b> Place a stencil or plastic shape on a piece of paper. Ask the child to hold the stencil firmly on the paper whilst the child draws around the stencil or shape.</p>	<ul style="list-style-type: none"> <li>Use a smaller shape to start with; larger shapes require more pressure, and the hand to move to allow pencil access whilst maintaining stability.</li> <li>Try this in vertical with the paper on the wall, for the ultimate challenge.</li> </ul>
<p>6. <b>Dealing Cards:</b> The child holds several playing cards in the non-dominant hand. The dominant hand takes a card and places</p>	<ul style="list-style-type: none"> <li>Demonstrate to the child how the thumb of the non-dominant hand can slide the top card forward to</li> </ul>

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it on the table.	assist in dealing. <ul style="list-style-type: none"><li>• Use different size cards</li><li>• Use more cards to hold and deal</li><li>• Sort the cards into numbers, Happy Families, card suits, etc.</li><li>• Deal the cards around the table so the child has to move both hands together to keep the action moving</li></ul>