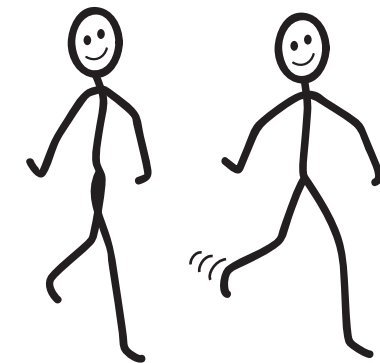




Fizzy's Training Games: Clever Hands

Clever Hand Level Two



Level Two

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 two.
- Play the games in any order until you are good at all of them, before going on to level three.
- The games should be fun and repeated on a regular basis to improve hand dexterity and strength.

(Resource list accompanies this programme)

Finger Cymbals

Fizzy says: “Place a cymbal on your thumb and index finger.”

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

Feely Games

- Hide items, for example, 10p, 50p, 2p, 20p coins or medium sized bricks / beads / toys / cars or doll furniture, in a box of sand / rice / pasta / flour etc.

Have a duplicate set of items ready on a tray.

Fizzy says: “Now close your eyes. What can you find? Describe them. NO PEEPING!”

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

Fizzy says: “Try this game again, placing objects into a bag instead.”

Feely Pictures

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

Fizzy says:
“How tightly can you scrunch the paper?”

Make sure you use your finger tips.



Puzzles

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

Fizzy says: “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).

Fizzy says: “Play and enjoy!”

Other Ideas

- Squeeze a plastic bottle or bath toy in water to make bubbles.
- Using a spray bottle to spray water onto plants; or try to hit a target.
- Squeeze squeaky toys.



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Play-dough

- Can you make a snake?

Fizzy says: "Make sure you use both hands."

- Now can you roll it into a snail like the picture?



- Can you make a hedgehog and give him lots of spines?

Fizzy says: "You can use wooden dowels or little sticks."



Pegs (for graded pegs see resource list)

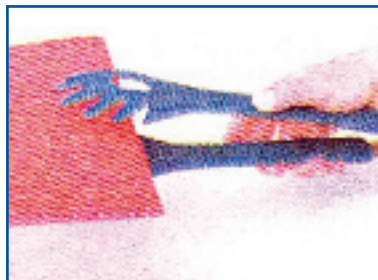
Fizzy says: "Look at the picture, hold the peg this way."

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

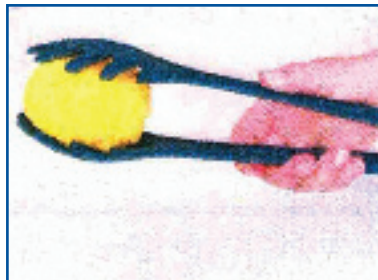


Tongs

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.
- How many times can your crocodile collect?
- Now pretend the tongs are a crane.
- What can you pick up? For example, little cars, balls, little bricks.



Posting

- 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.

Fizzy says: "Can you use your other hand? Now try with smaller coins."



Pastry Making

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

Stickle Bricks

Fizzy says: "What can you make?"

Hammering

- Which toys can you use a hammer with?



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 and Games

"Here's the church; here's the steeple."

Fizzy says: "Can you think of any more?"

Slime (see resource list for recipe)

Fizzy says: "Play and enjoy."

Warning: It is messy! Keep clothes covered!