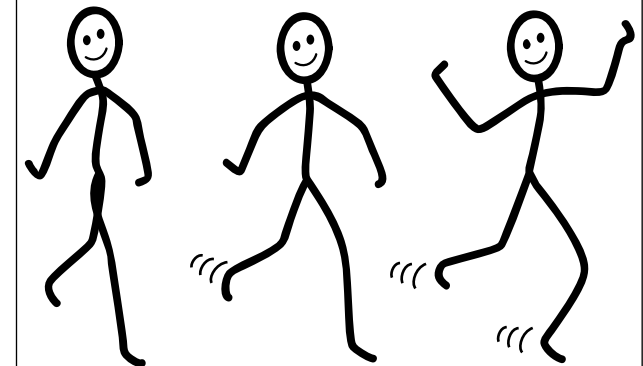




Fizzy's Training Games: Clever Hands

Clever Hands Level Three



Level Three

A programme compiled by
Occupational and Physiotherapists.

Advice for

Foreland School
Lanthorne Road, Broadstairs, Kent, CT10 3ND
Telephone: 01843 864052

www.eastcoastkentpct.nhs.uk

Date of Review: May 2009

Date of Publication: May 2008

Leaflet code: 0105

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

(Resource list accompanies this programme)

Slime (see resource list for recipe)

Fizzy says: “Play and enjoy.”

Warning: It is messy! Keep clothes covered!

Feely Games

- Hide small items, like 1p and 5p coins or paper clips; small beads, marbles, cubes, miniature cars / toys / dolls 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 items 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

- 2 - 6 medium piece puzzles.
- 6 - 12 medium piece puzzles
- 4 - 12 smaller piece puzzles..

Fizzy says: “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 both hands, alternate left and right clicks).
- Recorder. How man different notes can you play?

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.

Pastry Making

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

Fizzy says: “What else can you make?”

If you would like this leaflet in another format or language please contact the Communications Team

By telephone: 01227 791161 or
Email: communications@cantpct.nhs.uk

PALS **Patient Advice and Liaison Service**

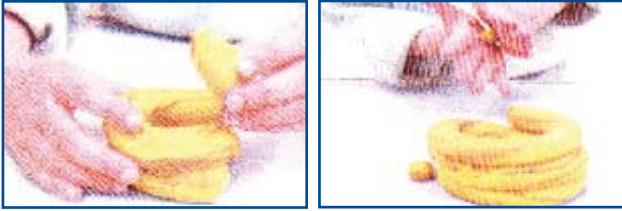
If you need information, support or advice about our services, please contact PALS.

Phone: 0845 601 5890
Email: EKPCT.PALS@ekentmht.nhs.uk

Play-dough

- Make a nest and some little eggs to go in it.
- Roll the play-dough into a long sausage shape and then coil it round to make a nest.
- Pinch off some more play-dough and roll it between your fingers to make the eggs.

Fizzy says: "Here's how to make it."



Fizzy says: "How many eggs can you make?"

- Now try it an Easter basket!

Fizzy says: "I'm hungry, can you make me a pizza?"

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

Pegs (for graded pegs see resource list)

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



- Start with the easiest 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.

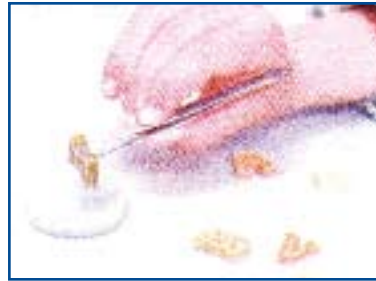
Fizzy says: "Ready for a challenge? What can you find to pick up using the peg."

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."



- How many things can you pick up with tongs?



Fizzy says: "Did you find anything difficult? Why do you think that was?"

- Try different tongs. Which tongs are the most difficult to use? And, why?
- Can you try picking up raisins / plastic buttons with tweezers?
- Try this again now, putting them into a bottle.

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.
- Now put a set on each hand.

Fizzy says: "What rhythms can you make?"

Hand and Finger Rhymes and Games

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

"Incy Wincy Spider"

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

Posting

- Pick up 5 large coins, one at a time; keep them in the palm of your hand.
- Post them one at a time.
- Can you use your other hand?.
- Now try using smaller coins.



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

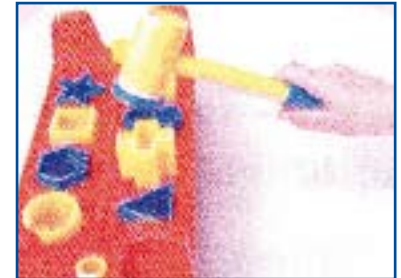


- How easy is this game when using 2 boxes?.

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

Hammering

- Which toys can you use a hammer with?



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 on at a time?.

Fizzy says: "What can you make?"