

## Fizzy's training games

### clever hands - level one

A programme compiled by occupational therapists for parents, carers and education staff.

- There are three levels to the clever hands training games. 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)

#### 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 pieces 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 the play dough still with your other hand."

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



#### 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."

#### Pegs



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

- Peg pegs on to the edge of a box.
- Peg pegs on to a rag doll or teddy.
- Peg pegs on to a t-shirt on a teddy.



## Tongs

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**Fizzy says:** “Use one hand on the tongs. You need to hold the tongs with your thumb on top and your fingers underneath, like the picture.”

- 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

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- Pick up and post coins into a money box.
- Post dried peas/pasta/pom poms/ beads into a bottle and put on the lid.



**Fizzy says:** “Start with large to medium items. Work towards smaller items such as sugar decorations.”

### Note:

If you are working with a child who still puts objects into their mouth use edible items, for example raisins, dried banana chips, cereals etc. Be sure to check allergies.

## Pastry making

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

## Duplo

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**Fizzy says:** “What can you make?”

## Hammering

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- Can you find toys with which you can use a hammer?



## Threading

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- Thread large beads on to dowels/sticks.

## Hand and finger rhymes and games

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- Two Little Dickie Birds.
- Twinkle Twinkle Little Star.
- Tommy Thumb.
- Play games with finger puppets.

## Musical instruments

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

## Feely games

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- 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

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- Tear up tissue paper.
- Scrunch up the paper using your fingers as shown in the picture, and glue on to 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

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**Fizzy says:** "Play and enjoy."

### Warning:

It is messy. Keep clothes covered.

## Puzzles

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- Wooden inset puzzles with chunky hand grips.
- Wooden inset puzzles with small hand grips.
- Large chunky two-piece interlocking puzzles.
- Two to four piece puzzle within a framed border.

## Other ideas

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

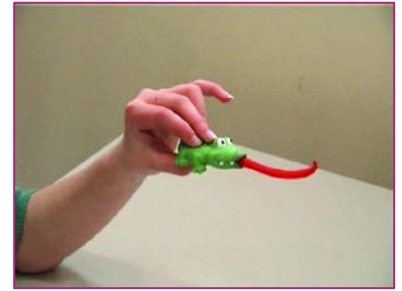


**Fizzy says:** "You may need to use both hands."

- Blowing bubbles. Can you pop them with one finger?
- Play with squeezezy toys and wind-up toys.



**Fizzy says:** "Don't forget to try the games in each hand."



## Contact us

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01622 742326

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**Email:** [kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)  
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