

## Fizzy's training games

# clever hands - level two

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 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.

## Play dough

Can you make a snake?

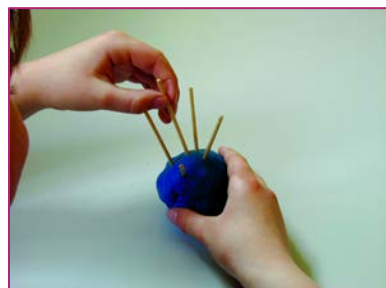


**Fizzy says:** "Make sure you use both hands when rolling out the play dough."

- 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



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

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



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



## Posting

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- Pick up two large coins, one at a time and keep them in the palm of your hand.
- Now try posting one while 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

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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.

## Stickle bricks

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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 cereal with holes or sweets etc. on to pipe cleaners or straws.
- Thread medium beads or pasta on to a sturdy tipped lace.
- Try lacing cards or boards.

## Hand and finger rhymes and games

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- For example, “Here’s the church, here’s the steeple.”



**Fizzy says:** “Can you think of anymore?”

## Slime

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**Fizzy says:** “Play and enjoy.”

### Warning:

It is messy. Keep clothes covered.

## Finger cymbals

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**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

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

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- Make a picture by sticking pasta, lentils, sand, tissue paper etc. onto paper or card.



**Fizzy says:** "How tightly can you scrunch the paper?"

- Make sure you use your fingertips.



## Puzzles

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- Four to eight piece puzzle within a framed border.
- Large chunky two to six piece interlocking puzzles.



**Fizzy says:** "What other puzzles can you do?"

## Musical instruments

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- Toy trumpet, saxophone or flute.
- Keyboard or toy piano.
- Drums (try with and without sticks)/xylophone.
- Castanets/maracas (one in each hand).



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

## Other ideas

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- Squeeze a plastic bottle or bath toy in water to make bubbles or squirt water



**Fizzy says:** "Try two hands, then one only."

- Using a spray bottle to spray water on to plants or try to hit a target?
- Play with squeeze toys and wind-up toys.



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



## Contact us

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