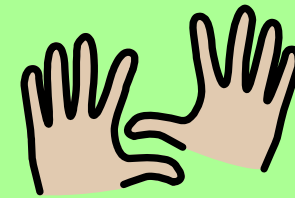


# Fizzy Kids - Clever Hands

## Activities to Develop Hand Strength and Fine Motor Skills



### Clever Hands 1

- There are three levels to the "Clever Hands Training Games" and 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)

#### Feely Games

- 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

- Tear up tissue paper.
- Scrunch up the paper using your fingers (as shown in the picture) and glue onto 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 (see resource list for recipe)

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

**Warning:** It is messy! Keep clothes covered!

#### Inset Puzzles

Try large and easy to manipulate inset puzzles.

#### Puzzles

- Wooden inset puzzles with chunky hand grips.
- Wooden inset puzzles with small hand grips.
- Large chunky 2 piece interlocking puzzles.
- 2 - 4 piece puzzle within a framed border.

#### 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!"

#### Other Ideas

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

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

- Blowing bubbles. Can you pop them with one finger?
- Squeeze squeaky toys (see pictures).



#### 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.

#### Stickie 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)

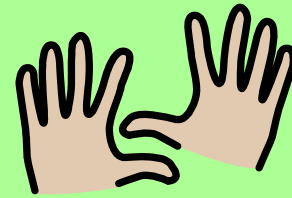
**Fizzy says:** "Play and enjoy."

**Warning:** It is messy! Keep clothes covered!

Continued at the back of the leaflet.

# Fizzy Kids - Clever Hands

## Activities to Develop Hand Strength and Fine Motor Skills



### Clever Hands 2

- 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.



#### Play-dough

- Can you make a snake?

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

- Now can you roll it into a snake 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)

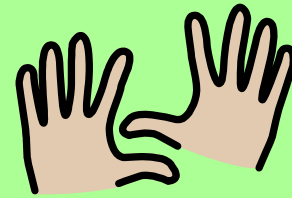
**Fizzy says:** "Play and enjoy."

**Warning:** It is messy! Keep clothes covered!

Continued at the back of the leaflet.

# Fizzy Kids - Clever Hands

## Activities to Develop Hand Strength and Fine Motor Skills



### Clever Hands 3

- 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 many 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?"

#### 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)

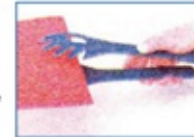
**Fizzy says:** "Look at the picture, hold the peg this way."

- 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 'hokey' 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!

Continued at the back of the leaflet.