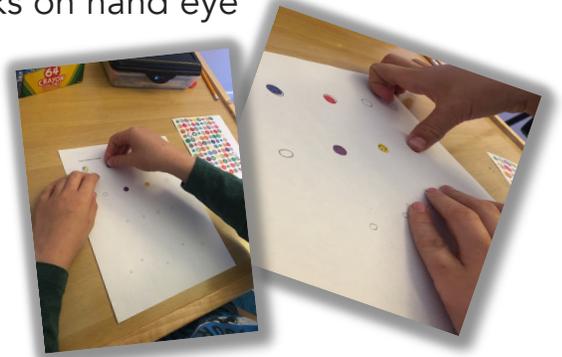


# Happy Hands

## Spot On

Stickers are a fun way to work on your child's pincer grasp. First, collect variety of stickers that are big, small, sparkly, textured or get a sticker book filled with your child's favorite characters. Next, on a blank piece of paper draw boxes or dots. Then have your child use their thumb and pointer finger to peel the sticker off and place it on top of the box or dot. Be creative and use the stickers to create different pictures and scenes. This simple task not only helps strengthen your child's fingers, but also works on hand eye coordination and problem solving skills.



## Bubble Tongs

Bubble Tongs are a fantastic for strengthening the hand muscles that are needed for using scissors. First, get two bowls and fill one up with 10-15 items such as puffballs, pasta, beans, water beads, or anything that can fit in the bubble scooper. Next, have your child scoop up the stimuli and transfer it from one bowl to another. Turn it up a notch by playing "Beat the Clock." Set a timer and see if your child can transfer stimuli from one bowl to another before the timer goes off.



## Tweezer Tasks

Tweezers are a great way to strengthen your child's finger muscles while working on hand eye coordination. There are various types of tweezers (big and small) that are sold online or in learning stores to entice your child. You can also use small kitchen tongs or actual tweezers. First, spread out different colored puffballs on a table. Next, have your child use the tweezers to pick up the puffballs and put them in a cup or bowl. You can make this activity more challenging by having your child sort the puffballs by color and having them match them to the same cup color. You can also find tweezer games online or in learning stores.



## Putty Plucking

Get ready for some putty fun! Putty contains the right amount of resistance needed to build your child's finger and hand strength. Putty comes in a variety of textures and resistance levels (i.e. hard vs. soft) that are sold online. First, hide 10 tiny beads in the putty. Next, have your child use their fingers and hands to pull the putty apart to find the beads place them on an empty plate. If you have a lot of putty you can hide little figurines such as animals or dinosaurs for your child to find.



### Here is a simple recipe to make putty at home:

- **4 oz bottle of regular school glue** – not the washable kind, we recommend using regular, all purpose glue, or glitter glue. You can also add a few drops of food coloring for your desired putty color.
- **Water** (equivalent to the amount of glue you are using).
- **1 tsp Borax**
- **4 additional oz. of warm water** (this is used to dissolve the borax).

### Steps

1. Mix together a 1 to 1 ratio of glue to water. For example 1 cup of glue and 1 cup of water. Stir glue and water until they are completely mixed.
2. Dissolve 1 tsp of borax into the 4 oz (1/2 cup) of warm water.



3. Pour borax water into the glue mixture and stir. Keep stirring, after a few seconds the glue will begin to "gel" up.
4. Pick up the glue gob and squish it around for a few minutes. It will turn into firm yet pliable silly putty!
5. If you find the silly putty becoming less pliable, put it in the microwave and heat it up for 5-15 seconds depending on the amount you made (5 seconds for a smaller amounts, 15 seconds for larger amounts of putty). You can store your putty safely in Ziploc baggies.

## Pipe Cleaner Crafting

Beading is a great way to work on bilateral coordination as well as hand eye coordination. Pipe cleaners are the best to use when teaching your child how to bead because they are flexible and durable. First, tie a knot at the end of the pipe cleaner. Next, put 10-15 beads in a bowl. Now, help your child use one hand to hold the pipe cleaner and the other hand to hold the bead. Help guide your child to put the pipe cleaner through the hole of the bead. Help with the first few beads and then let your child bead on their own so they can build their confidence. Once your child is beading use your creativity to make bracelets, necklaces, crowns, and any fun design your child comes up with!

