

Day	Week 1	Graded/Extend the activity Working easy to harder
Day 1 AM:	Hand strength activity Using a squeeze bottle (washing up liquid) fill with water for the child to squeeze out.	Use several bottles filled with different coloured waters (use food colouring or paint) talk to them about the colours or ask them to choose the red bottle etc.
Day 1 PM:	Isolate index finger point Counting baked beans: Place baked beans in a Ziploc bag. Squash the beans with pointy finger to count them.	Make up bags filled with hair gel and water beads or small buttons, (tape the edges with duct tape for secure edges) move the beads/buttons from right to left as counting or move coloured beads on request.
Day 2 AM:	Sensory awareness Fill a box with dry rice sensory box.	<ul style="list-style-type: none"> • Initially explore and play with rice • Scoop and pour rice • Hide plastic animals etc. • Hide buttons, coins, beads inside to find. • Hide letters, numbers etc. to find.
Day 2 PM:	Threading activity	<ul style="list-style-type: none"> • Curtain Rings on a static post then hold the post and place rings • Big beads on a stick • Big beads onto pipe cleaner • Smaller beads onto pipe cleaner • Beads onto a thread
Day 3 AM:	Repeat dry rice sensory box	Hide toys in to find
Day 3 PM:	Pipe cleaner colander	<ul style="list-style-type: none"> • Pull pipe cleaners out of the colander • Thread them in
Day 4 AM:	Dry Rice Krispies sensory box.	<ul style="list-style-type: none"> • Hide shapes in to find • Find requested shapes in the box
Day 4 PM:	Cheerio threading.	<ul style="list-style-type: none"> • On a pipe cleaner • On spaghetti stuck in plasticine • On a thread/shoelace
Day 5 AM:	Dry Rice Krispies sensory box.	<ul style="list-style-type: none"> • Find letters or numbers • Match letters and numbers to a bingo card
Day 5 PM:	Wet Rice Krispies sensory box.	

Early hand skill activities

In order to achieve good hand functions, the child must be sitting with good core stability or support, feet flat on the floor to aid balance. They need good shoulder stability to control arm and hand function.

Activities to aid shoulder stability and core control

- Support your child at the hips in 4-point kneeling (hands and knees) gently rock them back and forth to weight bare through their arms/shoulders. 10 rocks
- On all fours, roll a soft ball for the child to head back if they are steady in this position.
- Encourage your child to crawl on all fours. Through tunnels, in a race etc.
- Kneel up on knees and push back a rolled gym ball with 2 hands or hold a stick to use the stick.
- Play row, row, row your boat sitting in long sitting
- Lie on back and raise hips (with help if necessary) hold for 5 and lower. Try rolling a ball under the bridge.



Eye/visual tracking

Your child needs to engage with items visually to be able to look, identify and reach for it. Practice some activities to encourage visual fixation, tracking and locating activities using light, bright items.

- Hide an items under a cover and play hide-boo.
- Using a light up item/spinning toy move it slowly horizontally across the visual path from right to left and left to right. Encourage your child to look and track the item. Repeat vertically from chin to forehead.
- Hide it in a bag or box, pop it up from the bag and hide again to encourage re-engagement.
- Hide it behind a cushion or piece of card. Pop it out from the top and the bottom. When they can find it top and bottom include sides. Hide boo style.
- Sitting behind or child or with them on your knee bring the item in from the side (peripheral vision) to see if they turn to look when they see it.
- Encourage your child to reach to items held/placed in different postions.

Items that may engage your child: light up wanders or spinners, bells or maraca's, flashing toys, crunchy paper, silver foil covered items, favourite teddy, hand mirror to they can see themselves.

Hand function

Hand awareness

- Place a wrist band with bells on their wrist to increase awareness when they move and encourage them to look at the noise.
- Use textures to stroke and rub your child's hand and arm e.g. fur, sponge, brushes
- Sensory buckets to move hands in and explore. Fill with dry rice, sand, pasta, pieces of foam, cooked spaghetti, wet sand.
- Hand painting/printing, play with crazy foam. Add sand to the paint to increase texture.
- Clapping games.
- Bang hands onto a ball or drum
- Provide gentle vibration to hands using a vibrating toy or hold a mini facial massager (ebay) in your hand and stroke the back of your fingers over their hand and palms. Do not use the massager directly on the bony areas.
- Explore sensory toys such as spikey ball, spider ball, rough and soft spongers.
- Water play with sponges to grip/squeeze

Bilateral activities

Early skills- controlled skills

- Clap hands
- Hold and bang 2 blocks together.
- Pick up and throw a football
- Bang a gym ball or drum with both hands
- Shake a rattle in each hand

- Bang a drum/plastic tub with sticks
- Build towers with blocks or duplo/lego
- Ribbons on a stick to twirl in both hands
- Draw large circles on a large piece of paper both hands
- Musical instruments such as cymbals/pan lids
- Screw up news paper with both hands
- Pulling apart Russian dolls or Billie barrels

Reach, Grip and Release: - children need to press down on a surface to release grip or extend their arm e.g. when dropping items off the edge of their high chair tray. They will often explore items with their mouth during early hand development. Ensure items are large enough to be mouthed if this is the case.

- Practice offering interesting items to encourage reach.
- Practice reaching a touching or pushing over a tower of blocks or stacking cups. Reach and knock over skittles.
- Offer an item to touch and if they reach it make a funny noise or jump to make them laugh and engage with the item and yourself.
- Move the item around to promote reaching in different directions.

- Using soft easy grip items e.g. sponge pieces or ball, large plastic rings, stacking cups, small beanbags. Encourage the child to reach and grasp. If they are unable to release it support their hands and extend the wrist gently up OR flick/stroke the back of the hand with 2 firm strokes to provide stimulation.
- Offer rattles and shakers to hold
- Block to pick and drop.

Pick up and release- try using different weight items e.g. plastic ball and weighted beanbag.

- Pick up an item hold a box under to for your child to drop it in. This will provide auditory feedback when the ball hits the box. Make rice shakers in small milk bottle/cartons to hold and shake.
- Hold out your hand to ask them to pass it to you. (place your hand under the item initially so they can drop it into your hand) then move your hand around to promote reach and drop.
- Place items in a box then a bag to reach and grip to remove from the box and pass or drop e.g. roll a ball in a box to engage your child and encourage reaching.
- Offer bells on a stick, rattles etc. to hold shake and put down.

Make specific places to release the item into reducing the size to increase accuracy.

- Drop a ball in a box or pringle tube. Shake the tube to provide auditory feedback.
- Drop a ball into a bowl.
- Drop a ping pong sized ball into a plastic cup.
- Place an inset piece into a puzzle
- Posting activities e.g. ball into tube, posting toy.
- Place blocks on top of each other
- Stacking cups

Index Finger isolation

- Press a push button toy with index finger
- Finger puppets
- Finger painting
- Push a door bell or pelican crossing button
- Poke or push a paper ball with finger
- Mark make in a tray of corn flour with finger
- Point to items in a book, or facial feature e.g. nose, eyes etc.
- Poke finger into playdoh balls
- Place marbles on golf tee's stuck in polystyrene and poke off the marbles.



Pincher grip Activities

- Use a single hole punch to punch holes in card and then thread a cord or pipe cleaner through.
- Water pistol or trigger gun spray bottle.
- Pop bubble wrap one bubble at a time.
- Pick up pompoms and push into a bottle.
- Squeeze small playdoh balls between fingers.
- Post coins into a money box.
- Use clothes pegs to pick up pompoms
- Pick up cherios and place on a stick or spaghetti
- Threading activities

