

Hand gym

Hand gym helps to develop strong, flexible fingers, hands and arms. It promotes better hand-eye coordination, differentiated movement and manual dexterity. It fosters children's use and understanding of spoken language.

Above all it helps hands prepare physically for writing, building a secure foundation required for the acquisition of legible, rapid and fluent handwriting.

Some examples of hand gym activities are:

- Playdough gives great exercise - try squashing, rolling, pounding and moulding with the hands, without using any cutters or other traditional playdough toys.
- Cut narrow (1.5cm) strips of coloured paper for your child to snip across the width. This is easy to do, as the scissors only need to open and close once to be successful. This is a good way to learn the grasp-release motion of scissor cutting.
- Cut out different shapes from magazines or newspapers.
- Use clothes pegs allowing your child to put the pegs on different materials.
- Get a pot, tweezers and cotton wools balls and encourage your child to use the tweezers to pick up the cotton wool balls and place them in the pot.
- Putting paper clips on different thickness card.
- Threading beads on to a shoelace.
- Sing tommy thumb with your child encouraging them to move each finger individually.
- Squeezing and releasing a stress ball/tennis ball
- Popping bubble wrap.