MILL HILL PRIMARY ACADEMY

Work Hard Dream Big Never Give Up

Hand exercises to improve co-ordination

- ☺ Grip thumbs around each other into a loop and pull them in the opposite direction.
- ☺ Place palms together and push hands together as if you were praying.
- ☺ Place hands under legs while sitting down, and lift yourself up.
- ☺ Tear strips of paper and then roll up a strip, gathering the strip towards you, first with one hand and then the other.
- ☺ Pick up raisins with your finger and thumb. Use both hands simultaneously or alternate hands.
- ☺ Pass a pencil along your fingers, starting with your thumb. Roll it over and under and back again.
- ☺ Squeeze a soft ball, like a stress ball.
- ☺ Use some play-doh that has been slightly hardened in the fridge or plasticiene. Place a coin in the centre of it and ask the child to find the coin.
- ☺ Rolling, threading and cutting all isolate finger movements and will help to strengthen fingers and improve hand function.

Games which can help:

- ✓ Games with a yo-yo need to separate the thumb to work them properly and improve eye/hand function as well as co-ordination.
- ✓ Cat's cradle
- ✓ French knitting
- ✓ Dot-to-dot games
- ✓ Marble mazes – get the child to follow the marble around the course with his/her finger.