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?”

Slime (see resource list for recipe)
Fizzy says: “Play and enjoy.”
Warning: It is messy! Keep clothes covered!

Feely Games
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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.
Play-dough
- Make a nest and some little eggs to go in it.
- Roll the play-dough into a long sausage shape and then coil it round to make a nest.
- Pinch off some more play-dough and roll it between your fingers to make the eggs.

Fizzy says: “Here’s how to make it.”

Fizzy says: “How many eggs can you make?”
- Now try it an Easter basket!

Fizzy says: “I’m hungry, can you make me a pizza?”
- Think of all the things you have done. Can you make a pot?

Pegs (for graded pegs see resource list)
Fizzy says: “Look at the picture, hold the peg this way.”
- Start with the easiest pegs. See how fast you can peg 10 pegs onto a box.
- Can you beat your own time?
- Now try this again using your other hand.
- Try one peg in each hand and alternate.

Fizzy says: “Ready for a challenge? What can you find to pick up using the peg.”

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.”
- How many things can you pick up with tongs?
- Did you find anything difficult? Why do you think that was?
- Try different tongs. Which tongs are the most difficult to use? And, why?
- Can you try picking up raisins / plastic buttons with tweezers?
- Try this again now, putting them into a bottle.

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.
- Now put a set on each hand.

Fizzy says: “What rhythms can you make?”

Hand and Finger Rhymes and Games
“Here’s the church; here’s the steeple.”
“Incy Wincy Spider”
Fizzy says: “Can you think of any more?”

Posting
- Pick up 5 large coins, one at a time; keep them in the palm of your hand.
- Post them one at a time.
- Can you use your other hand?
- Now try using smaller coins.

Fizzy says: “Can you use your other hand? Now try with smaller coins.”
- How easy is this game when using 2 boxes?

Fizzy says: “Can you pick up a coin in each hand and post them into each box at the same time?”

Hammering
- Which toys can you use a hammer with?

Lego
- Can you build a tower of 10 lego bricks, one brick at a time?
- How fast can you do this?
- Can you pull them apart one at a time?

Fizzy says: “What can you make?”