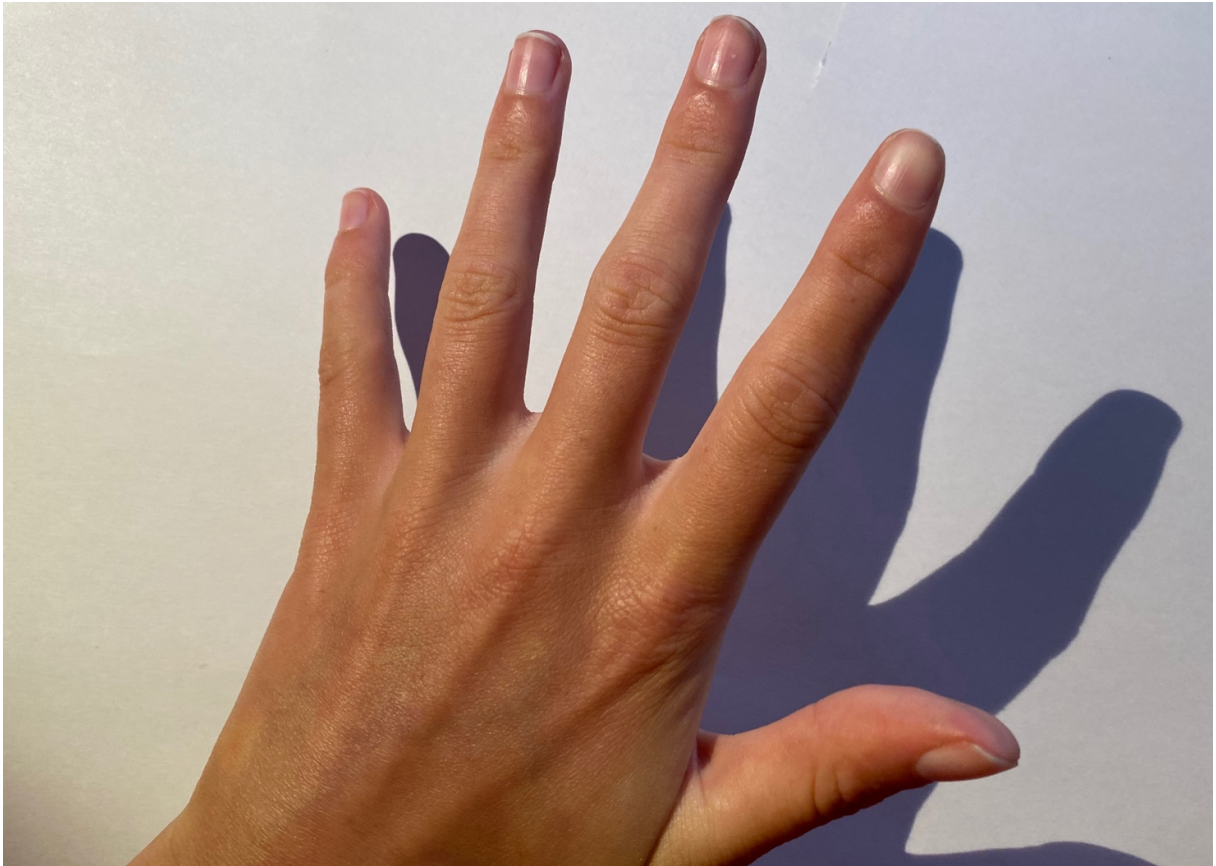


## Finger skills



## Exercise 1

Goal	Material
Get to know our hand	Hand pops

### Preparation

Make a hand pop with a face and all fingers in different colors.




### **Exercise A**

The teacher puts on the hand pop and introduces herself “My name is handy hand, because I have five fingers to help me”. After this the teacher introduce the five fingers, this for a few times, because later the children have to do it alone. All five fingers are in a different color, so if they forgot the name of the finger like middle finger for example, they can say the color (orange in the picture).

### **Exercise B**

After doing this in class, they need to divide in groups of five. Now they can introduce their own fingers. If they forgot something, the other children can help, but only if the child asks.

## Exercise 2

Goal	Material
Be handy	'seed' bags → You can fill small bags with sand. 

### **Exercise A**

Let the children experiment with the bags, so they can find out how it feels.

### **Exercise B**

Now the children have to do a few exercises on a systematic base. The teacher can set the alarm clock (every exercise the same time), if the alarm goes off the teacher has to do another exercise and the children have to follow. To make this exercise more fun, the teacher can tell a story during the exercise, like "I'm a clumsy clown who is trying some exercises with my hands, but I need all your help to be able to do it".


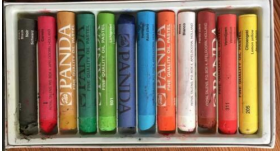
Examples:

1. The children have to put the bag on their flat hand while they are walking around.
2. They have to hold the bag on their fist.
3. They have to throw the bag in the air and catch it.
4. They have to spread their legs and give the bag through the legs from one hand to the other in an 8 shape.
5. They have to hold the bag between two fingers and walk around.
6. They have to throw the bag from one hand to the other and catch it well.
7. They have to throw the bag high in the air and catch it.
8. They have to throw the bag in a goal, like a bin.

### **Exercise C**

Now, to calm down again, they have to lay on the ground and squeeze in one of the bags (like a stress ball). To end the story, the teacher can say "Our hands and fingers worked hard, so we are going to move the hands for a little bit longer so they can rest well after this".

### Exercise 3

<b>Goal</b>	<b>Material</b>
To grasp small objects between two fingers	Straws in pieces 
	Coloring pictures
	Crayons 
	Glue

#### **Preparation**

Cut enough straws in small pieces.  
Print for each child a coloring picture.

#### **Exercise A**

The children have to move their index finger over the lines of the picture. Let them do this for few times.

#### **Exercise B**

They have to draw over the lines, so they can practice the writing position again.

#### **Exercise C**

The teacher has to put the small pieces out of straws on the tables, so later the children can stick them on the lines. They have to begin with one line, where they have to put glue on and stick the pieces on the line.


Attention! They have to take the small pieces between dumb and index finger, like they would hold a pen.

### **Variant**

They can do this exercise too with the blocks they have in the CAL Centre, like I did during my internship. The teacher can draw dots on the paper and the child has to connect the dots by drawing a line. After this the child has to take the blocks, one by one, between thumb and index finger to put it on the lines.



## Exercise 4

Goal	Material
Use force in the fingers	Washing pins in different colors 
	A big circle out of carton, painted in different colors (the same as the washing pins)

### Preparation

The teacher has to make a big circle out of carton (Astrid and I made a small one in the picture below). They have to color it in different colors (the same colors as the washing pins) and the pieces have to be the same size.

There must be several washing pins per color.




### Exercise A

Every child gets a wash pin. The teacher shows how to open and close it. The children have to try this a few times.

### Exercise B

The washing pins need to be divided over all children, this means it's possible that one child has more than another child. The circle lays on the ground and the children are standing a few meters further, on a line next to each other. If the teacher says a color, they have to run to the circle and put their washing pin on the same color. They have to use enough force to open the washing pins.

## Exercise 5

Goal	Material
Open and close different closures	Self-made dice 
	Different closures

### Preparation

Make a self-made dice out of carton with a different closure on every side. For example on one side a picture of a zipper, the cap of a bottle, a button of a jacket, ... You have to make sure that all closures are there for each child.

### Exercise A

First the teacher has to show all different pictures, so the children knows wich picture is wich closure. The teacher shows how to use open and close the different closures.

### Exercise B

Every child gets one or more opportunities to throw the dice. The dice will show them wich closure they have to open and close separately.

