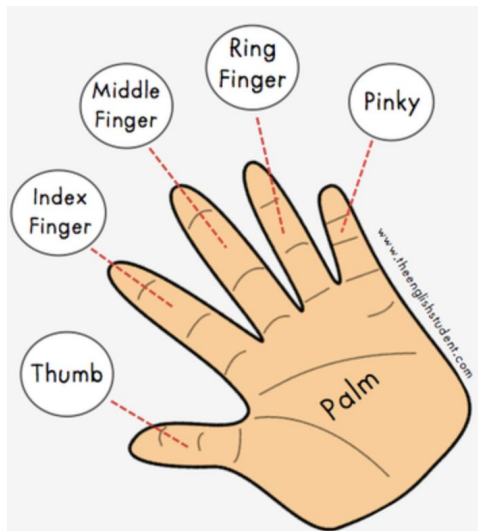


Finger Twister

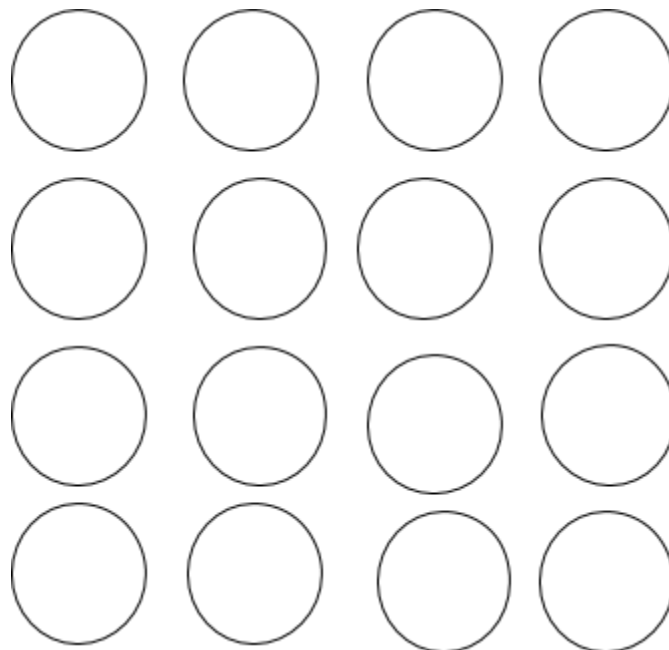
This activity addresses **finger isolation** and **dexterity**. It also promotes following instructions. **Finger isolation** is the ability to move one finger at a time. This is a very important ability as it contributes to developing skills such as an efficient pencil grasp, typing on a computer, tying up shoelaces and other activities of daily living. **Finger/hand dexterity** is the ability to coordinate the hands and fingers to complete a task.

If your child does not know the specific name for their fingers, you can help them by showing them this picture and matching their fingers to the name.

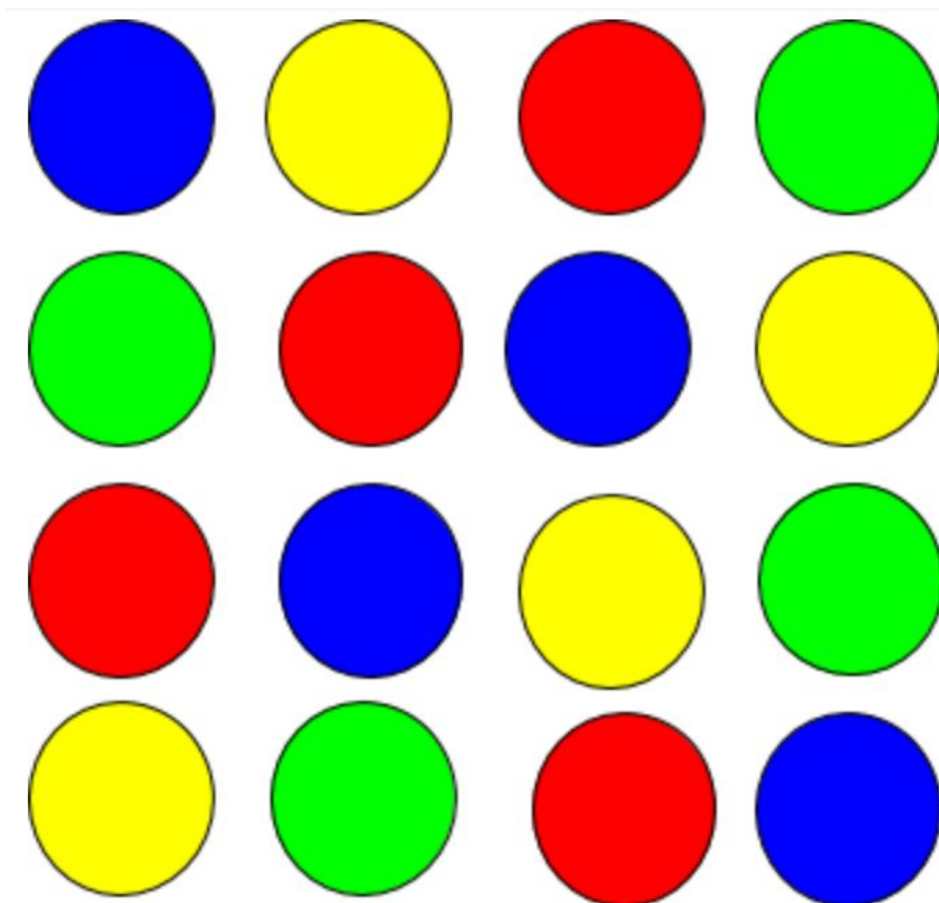
If your child has difficulty remembering these names, that's okay. To help, you could write numbers 1-5 on the back of their fingers (same side as their fingernails) in texter.



On a piece of paper ask your child to draw three rows of four circles (in a similar size to below), about 2-3cm apart. (This is good practice of pencil control). Please see the image below



Once your child has drawn these circles, ask them to colour in the circles like this, in these same colours. This is a good activity to promote visual integration (look, interpret, copy).



Once the circles have been coloured in, you can begin to play finger twister. You can make call out movements for your child, or use the ones below.

Twister Movement Instructions

- Thumb on blue circle, pointer on red circle
- Pointer to yellow circle, thumb to green circle
- Pinky to green circle, pointer to blue circle
- Ring finger to red circle, pointer to yellow circle
- Index finger to blue circle, thumb to yellow circle
- Index finger to red circle, ring finger to blue circle
 - Pinky to red circle, pointer to green circle

When first starting the game, only play with two fingers at a time, this will help build your child's confidence with knowing the fingers names and working out the best motor pattern to achieve the instruction. It also helps warm the fingers up as some of these combinations and stretches may be a challenge! As their confidence increases, you can make it harder by offering three step instructions e.g. pinky on red, thumb on green, index on red, ring on blue.