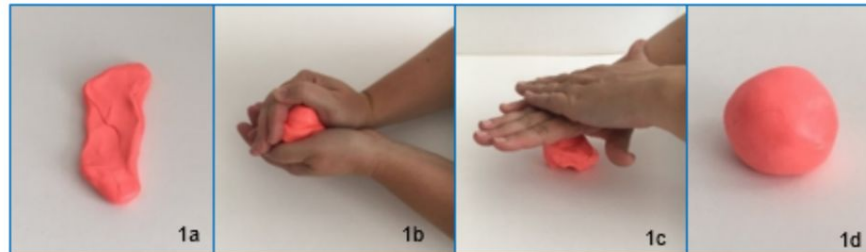
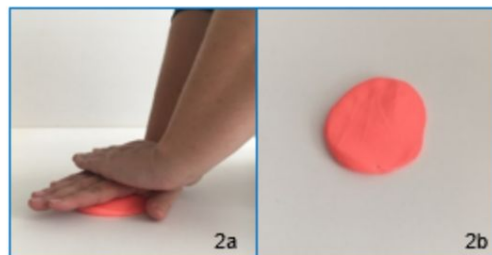


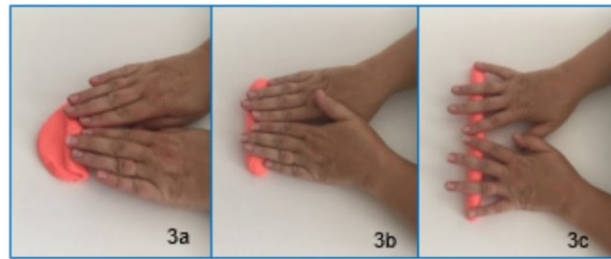
1. Rolling a ball: Start to mould the putty between both hands into a ball shape. Place the putty on a table/smooth surface and roll the putty into a large ball using both hands together.



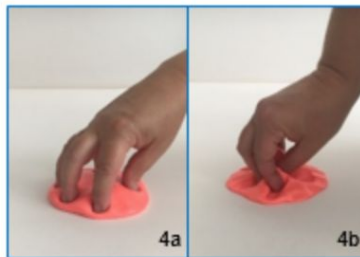
2. Pancake: Complete activity 1. Flatten the ball to make a pancake (from a standing position) with one hand on top of the other and arms straight. Shoulders should be immediately above hands and the child should not be leaning too far forward i.e. arms should be at 90° to hands.



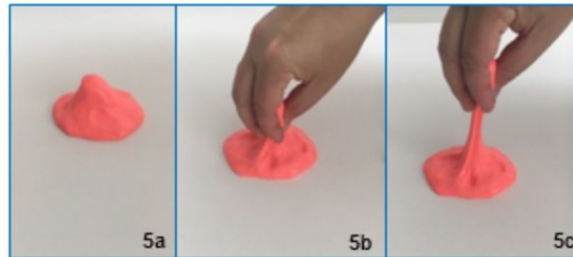
3. Sausage: Complete activities 1 and 2. Start to roll the edge of the pancake together into a sausage using both hands. Roll the putty forwards and backwards (arms and hands moving only, do not rock body back and forth while rolling). Start with fingers together when rolling then begin to spread these out as you continue to roll.



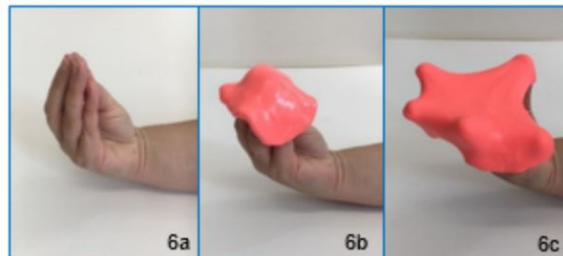
4. Volcano: Complete activities 1 and 2. Firmly secure the pancake to the table by pressing the edges down, then place fingers and thumb lightly around the edge of the pancake. Press fingers and thumb into putty and slowly pull fingers together towards the centre. Carry out exercise with both hands.



5. Cone: Complete activities 1 and 2 then shape the putty into a cone and stick the base to the table (5a). Place fingers and thumb over the top of the cone and lightly hold the putty (5b). Pull up on the cone, bringing the thumb and fingers together (5c). Carry out exercise with both hands.



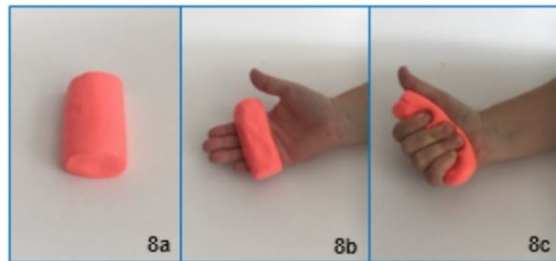
6. Finger Spread: Complete activities 1 and 2. Pick up the pancake from the table and close one set of fingers together (6a). Place the pancake over the top of closed fingers (6b). Start to slowly open out fingers spreading putty out (6c). Open fingers out as wide as your can. Carry out exercise with both hands.



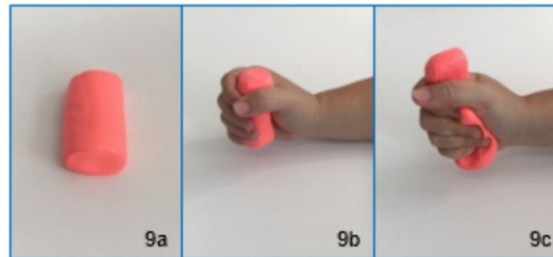
7. Full Grip: Gather all the putty into the palm of your hand. Squeeze the putty with the fingers against the palm of the hand in a kneading motion, rolling it over and around in the hand while exerting as much pressure as possible against the resistance of the putty.



8. Fingers Only: Complete activities 1, 2 and 3. Form the putty into a barrel shape (8a). Place arm on table with the palm facing up. Put a roll of putty at the base of the fingers (8b). Curl the finger tips into the putty without moving the big knuckles (8c). After the fingers have pressed into the putty, fold over and repeat. Carry out exercise with both hands.



9. Squeeze: Complete activities 1, 2 and 3. Form the putty into a barrel shape (9a) and place in palm of your hand. Bend fingers around it making a fist and squeeze (9b). Carry out exercise with both hands.



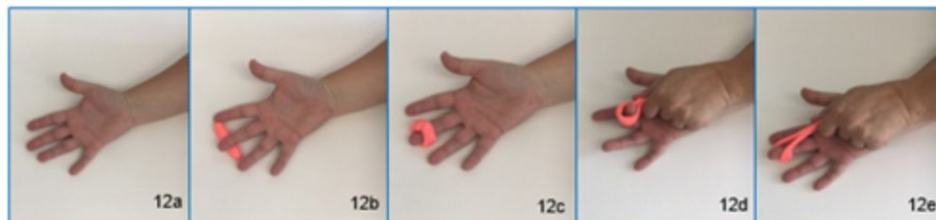
10. Thumb Press: Complete activities 1, 2 and 3. Form the putty into a barrel shape as per picture 1 and place in palm of hand. Press thumb into the putty with as much force as possible until the thumb has pressed through to the palm. Reform and repeat. Carry out exercise with both hands.



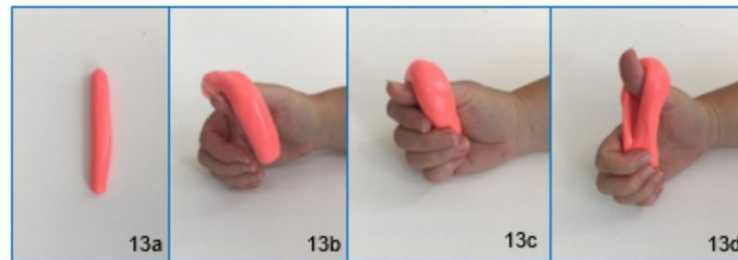
11. Finger Dig: Complete activities 1, 2 and 3. Form the putty into a barrel shape (11a) and place in palm of hand (11b). Dig fingers into the putty until they press through the palm of the hand and form a fully clenched fist (11c). Release the fingers, roll the putty over to reshape and repeat. Carry out exercise with both hands.



12. Finger Extensions: Complete activities 1, 2 and 3 using a smaller amount of putty than normal. Wrap putty over tip of middle finger (12b-c). Bend middle finger in towards the palm of the hand (12c). Grab the putty with the other hand then extend finger to a fully opened position with as much force as possible (12d-e). The degree of resistance is controlled by the thickness of the putty held over the fingertip. Repeat with each finger. Carry out exercise with both hands.



13. Thumb Extension: Complete activities 1, 2 and 3 using a smaller amount of putty than normal. Wrap putty over the tip of thumb while it is bent toward palm of hand. Hold the loose ends down and extend the thumb to an open position with as much force as possible. Control the degree of resistance by the thickness of the putty held over the thumb tip. Carry out exercise with both hands.



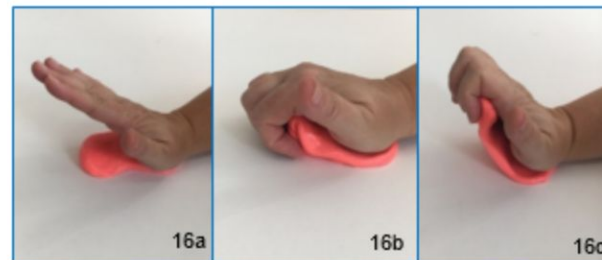
14. Fingers Scissors: Complete activities 1 and 2 using a smaller amount of putty than normal. Place the small ball shaped putty between index and middle fingers and squeeze until fingers meet. Repeat with all fingers. Carry out exercise with both hands.



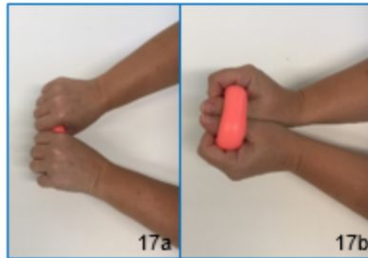
15. Wrist Rotation: Hold the putty in one hand. Grip putty tightly and rotate the wrist in a circular motion, first in one direction, then in the opposite direction, while pressing into the putty with as much force as possible. Carry out exercise with both hands.



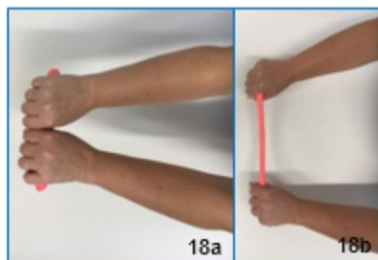
16. Wrist Extension: Complete Activities 1 and 2. Rest your forearm on a table (palm down over pancake shape). Grip the putty with the fingertips and begin to peel putty from table moving wrist only keeping forearm on table. Raise wrist up to its full extension with as much force as possible. Carry out exercise with both hands.



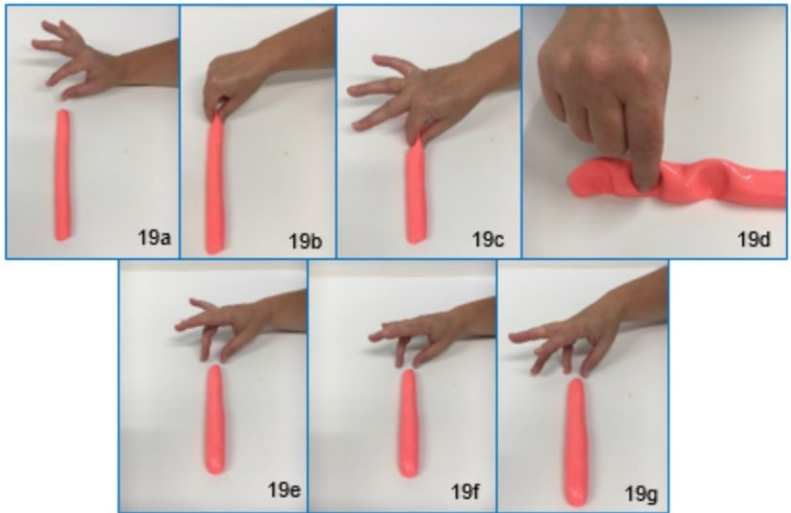
17. Rainbow: Complete Activities 1, 2 and 3. Hold end of putty in each hand and bend putty so that both palms are facing inwards and make the putty into a rainbow shape.



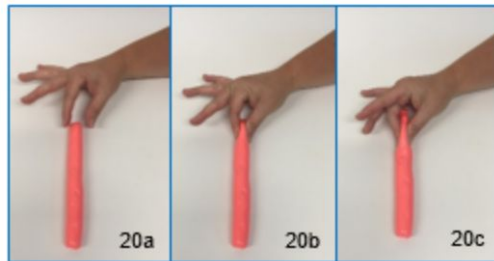
18. Stretch: Complete activities 1, 2 and 3. Hold the putty with both hands in front of your chest (keeping arms out straight). Pull it apart until it is thin.



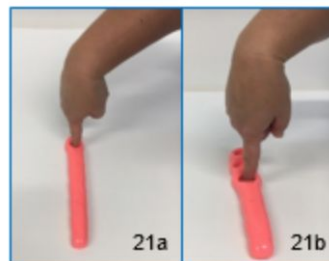
19. Pinching: Complete activities 1, 2 and 3. Using the tip of thumb and index fingers, start pinching with the fingers held vertically above the putty, and continue to pinch along the entire sausage. Roll out a new sausage and repeat instructions above with the tip of the thumb and the next finger (until all fingers (e.g. index, middle, ring and pinkie) have pinched the sausage of putty). Carry this exercise out twice with both hands.



20. Side Pinching: Complete activities 1, 2 and 3. Start pinching with thumb and the side of each finger. Repeat with all fingers. The fingers not being used for pinching can either be pointed out, or tucked into the palm. If a child struggles to isolate their ‘pinching finger’ they may need adult support to hold the other fingers out the way.



21. Finger Press: Complete activities 1, 2 and 3. Push the index finger into the putty repeatedly along the entire length of the sausage. Roll out a new sausage and repeat instructions until all fingers (e.g. index, middle, ring and pinkie) have been pushed into the sausage of putty. Carry out exercise with both hands.



(NHS/GCS n.d)