



Believe and Become

OCCUPATIONAL THERAPY



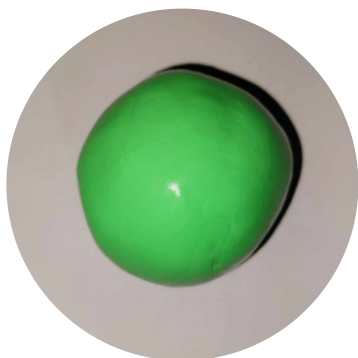
REACH UP

Resource · Empower · Advocate · Connect · Human rights · Upskill · Peer support

Macarthur Southern Highlands

Hand strength and fine motor skills with Theraputty

Theraputty is a resistive, silicone-based, non-sticky putty designed for hand and finger strengthening. It also provides a great tactile sensory experience that many children find regulating. Many children who fatigue quickly during fine motor and handwriting activities, or complain of pain, will benefit from building strength using Theraputty. Here are a range of activity ideas. Most importantly, make it fun!



Roll into a smooth ball using both hands



Pinch the ball all the way around to make a bowl shape



Flatten a ball with your palm to make a pancake



Push thumb and fingers into the pancake and squeeze up to create a volcano shape



Stretch the pancake out with your fingers



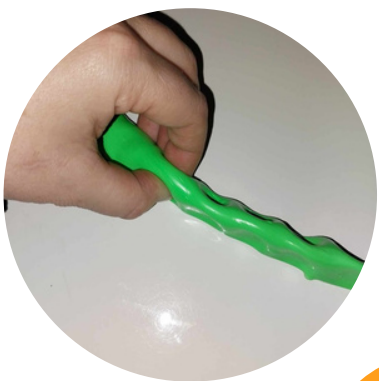
Whole hand squeezing



Pinch the putty between thumb and each finger in turn



Roll into a long snake



Pinch the snake



Push thumb and each finger into the snake in turn



Squeeze a ball of putty between two fingers



Make a donut and stretch it out between thumb and each finger in turn



Wrap putty around bent thumb and then extend it



Whole hand donut stretch



Whole hand pancake stretch



Get creative! Can you make your name? What animals can you make?



Hide beads, marbles or other small objects in the putty to find

