

Purpose: Improve hand strength, coordination, in-hand manipulation, and fine motor control.

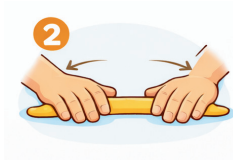
Frequency: 2 – 3 times per week

Position: Sit upright at a table with forearms supported.



1. Treasure Ingredient Hunt

- o Find all the hidden 'ingredients' (beads) inside the putty.
- o Remove using fingers only.
- o Continue until all pieces are found.
- o Targets: Finger strength, tactile discrimination, in-hand manipulation.



2. Make Spaghetti Noodles

- o Use two hands.
- o Start in the middle of the putty.
- o Press down and roll outward toward the ends.
- o When hands reach the ends, lift and return to the middle and repeat.
- o Targets: Bilateral coordination, graded force control, intrinsic strength.



3. Cinnamon Roll Swirl

- o Place putty on the table.
- o Starting at one end, twist and roll inward to create a spiral (like opening a twist-top container).
- o Targets: Finger isolation, rotational control, motor planning.



4. Make a Meatball

- o Squeeze the putty firmly into a ball.
- o Roll between both hands until smooth and round.
- o Targets: Gross grasp strength, endurance, bilateral coordination.



5. Pancake Smash

- o Place putty on the table.
- o Use palm to press and flatten like a pancake.
- o Targets: Palm strength, proprioceptive input.



6. Add Ingredients Back

- o Place beads back into the putty one at a time.
- o Use index finger to push each piece in one at a time.
- o Pinch putty closed to hide each ingredient.
- o Targets: Pincer strength, precision control, fine motor endurance.

Bonus Activity: Want to work on ADLs? Try using a fork and knife to cut the log of putty into small pieces to for increasing independence with utensil usage.

Important Care Instructions: Do not get putty on clothing/fabrics — it will not come out. Do not use while wearing silicone bracelets, bands, or watches — putty will stick permanently. Always supervise closely due to choking hazard with small items