

Funky Fingers

At school we do Funky Fingers exercises to help us build up our strong muscles in our arms, elbows, wrists and hands. This will help us to have good control over our pencils so that our handwriting is neat. Here are some ideas of things that you can do at home!

Bear crawls



Using pegs



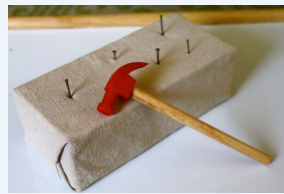
Mixing



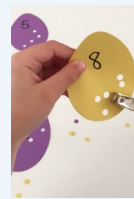
Throwing balls



Hammering



Hole punching



Pushing a toy car



Using locks and keys



Threading through a colander



Using tweezers



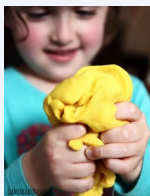
Pulling elastic bands



Placing objects on a line



Play Dough



Using scissors



Mashing



Threading



Writing in shaving foam



Finger football

