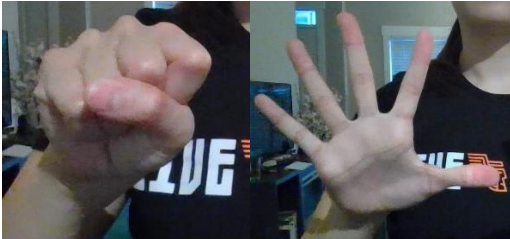


Hand & Dexterity Worksheet

Tip: Do the below exercises in front of a mirror so you can see the shape of your hand.

1. Opening and closing hands 10 times

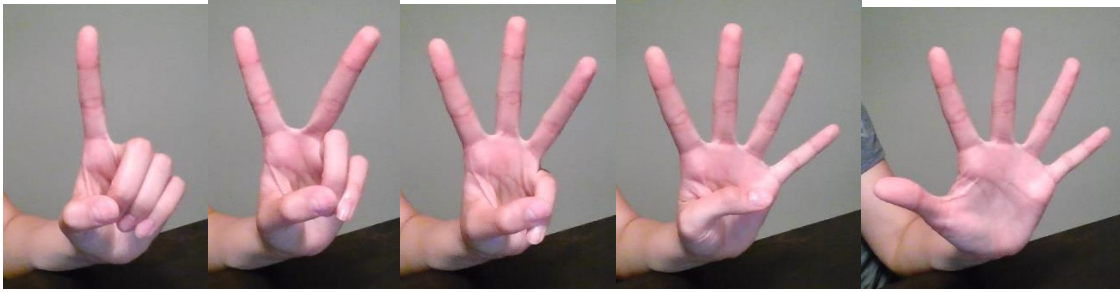


2. Finger-thumb opposition:

touch the tip of your index finger to your thumb, then middle finger to thumb, then ring finger to thumb, then little finger to thumb.



3. Numbers:



4. Towel scrunch:

Hold the corner of a small kitchen towel and scrunch up the towel into your palm. Aim to scrunch the towel up into as small of a ball as you can.



5. Throw & Catch:

Scrunch the towel up into a small ball. Throw the towel ball up into the air with both hands and catch with the right hand. Repeat by catching the towel ball with your left hand.



6. Towel wringing:

Roll/fold the towel into a long shape and practice wringing the length of the towel.

