



Hands Programme

1. Quiet and calm environment.
2. Sitting in front of the child at their level, ask them for their hands and wait. If no response, gently tap on their hands to model what you are asking.
3. Gently stroke their hand with your hand allowing the child to retract theirs. If they do so repeat step 3.
4. Give your child a choice between soft and rough brushes, ribbon, or bangles for the activity.
Gentle movements on the palms, back of hands and in between the fingers.
5. Activity can last seconds to minutes.
6. You can end with a hand massage. At home using a cream you would generally use like baby lotion or E45. In a setting you would require specific permission to use a cream.

This programme is a warmup to focus work enabling children to use their hands appropriately.



Resources



Use any ribbon you can find such as old gift bag ribbon or ribbon from presents.



A nail brush is an ideal rough texture.



A household paint brush or a make-up brush have lovely soft textures.



Bangles are a good temperature change as the metal is cold to touch.