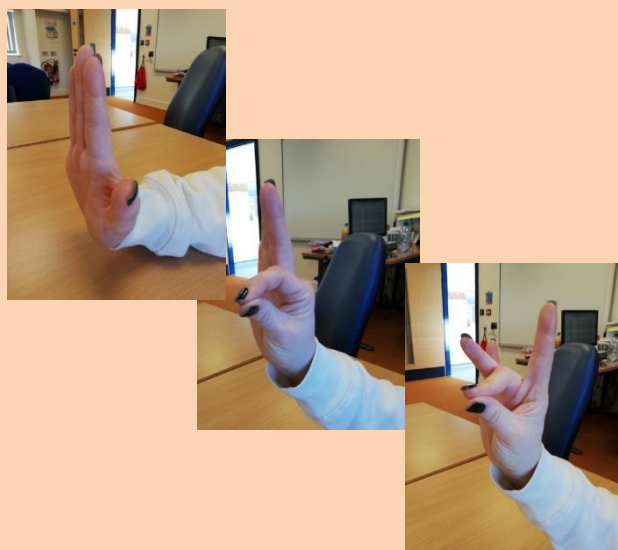


# (Warm –Up) Sequential Finger Touching



## Directions

Start with your thumb and fingers straight.

Touch the tip of your thumb to the tip of each finger in turn, making an 'O' shape. Return to the starting position between making each 'O'.

Repeat this 3 more times.

Repeat with the other hand.

Can you do it quickly?

## Finger Touching

**This exercise develops the following fine motor functions:**

- Hand eye coordination (without visual impairment)
- Hand division
- Body awareness
- Finger isolation
- Shoulder stability
- Wrist extension, flexion, rotation
- Open thumb web space

## Precautions

### Materials/ Equipment:

- None required

### Next Steps

Please inform OT when this activity is consistently completed with ease so that more challenging activities can then be added to this programme.

Please contact OT if there are any queries with this activity or programme.