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Healthy Hands

KS1 – Hand exercises



**Sit down at the table; ensure you are sitting with your feet flat on the floor and bottom back in the chair.**

* Put your hands flat on the table with your palms down.
* Can you turn your hands over (palms facing upwards)?
* Repeat hands, turning back and forth.

**With palms down on the table, can you….**

* make two fists
* make one fist and one flat hand then swap
* stretch fingers out in a fan shape

**Using right hand only……..**

* Can you touch your index finger and thumb?
* Can you touch your middle finger and thumb?
* Can you touch your ring finger and thumb?
* Can you touch your little finger and thumb?

**Repeat with left hand.**