* **Mark back of the hand using a felt tip pen- one colour on right hand and another colour on left hand.**
* **Give out a pile of coloured counters/ bricks.**
* **Ask pupils to put hands flat in the centre of the table- thumbs touching**
* **Start by always asking pupils to put hands in the middle.**
* **Then shout ’red’ – pupils must reach over with the red marked hand to pick up a counter.**
* **Repeat by asking them to place their hands in the middle.**
* **Then shout either ‘red’ or ‘blue’ in any order to encourage them to reach across midline.**
* **Repeat till all counters are gone.**

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 **Cross hand exercises**

 Healthy Hands

**Healthy Hands – Newbridge Outreach Service**

**We are happy for you to copy but please acknowledge where you obtained the information from.**