**Hand out one rod to each pupil.**

**Can you hold your pole with both hands (fingers on top)?**

**Can you lift the pole while keeping your arms straight?**

**Can you lower the pole slowly?**

**Can you hold the pole and lift any of your fingers?**

**Can you lift your pole again all the way over your head to your neck?**

**Place the poles down on the table slowly.**





**Dowelling/ plastic rods**

Healthy Hands

**Healthy Hands – Newbridge Outreach Service**

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