**Hands & fingers**

|  |  |  |  |
| --- | --- | --- | --- |
| **CYLINDRICAL/PALMAR**  (1-1 ½ YRS) | **DIGITAL**  (2-3YRS) | **MODIFIED TRIPOD**  (3 ½ -4 YRS) | **TRIPOD**  4 ½ YRS-7YRS) |
|  |  |  |  |
| **THUMB WRAP** | **TRIPOD CLOSED WEBSPACE** | **THUMB TUCK** | **DIGITAL PRONATED** |
|  |  |  |  |

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| --- | --- | --- |
| **FINGER ISOLATION** |  | Touch thumb, finger 1, finger 2, finger 3, finger 4 etc |
| **OPEN WEBSPACE** |  | Make ‘OK’ sign  Popping activities eg bubble wrap, cereal |
| **ARCHES DEVELOPED** |  | Cup hands to shake a dice  Make a spider shape on the table |
| **THUMB OPPOSITION** |  | Thumb reach across to touch each finger. |

**Sitting positions**

|  |  |
| --- | --- |
| **Leans to one side** | **Holds onto to chair edge** |
|  |  |
| **Leans on table top** | **Correct sitting position** |
|  |  |
| **Laying back in chair** | **Hunch** |
|  |  |
| **Cross legged sitting** |  |
|  | **Created by Clair Warner**  **S.E.A.T.S.S**  **Redbridge LEA**  **Please contact us for Training**  [SEATSS@redbridge.gov.uk](mailto:SEATSS@redbridge.gov.uk) |