



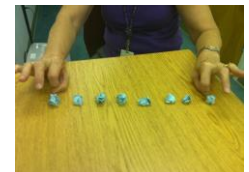
SNOWBALL -

Purpose:

- Integrate grasp reflex pattern
- Integrate Babkin (palm-mouth) reflex pattern
- Develop intrinsic muscles of the hand needed for coordination and distal control
- Improve handwriting
- Improve pencil grasp

Procedure:

- Take two sheets of paper.
- Place one sheet in each hand with palms up.
- Crumple paper in each hand at the same time being sure to squeeze paper in center (palm) of hand
- Squeeze crumpled paper in circular direction right and left,
- Un roll/uncrimp paper using only fingers (no help from body or other hand)
- Place paper together
- Tear paper in half
- Place paper together
- Tear paper in half again
- Put paper in two stacks on knees or flat surface
- Pick up paper with 3 fingers (index, middle and thumb -tripod grasp) while fingers 3 (ring) and 4 (pinky) are up, crumple using fingertips and circle wrist
- Place one hand with palm up - this will be your "tee". Bring crumpled paper "tee" and flick (drive) paper from "tee" using index/ thumb, middle/thumb, ring/thumb and pinky/thumb
- Repeat with other hand
- Use each finger and thumb starting with pinky to pick up and count with one to one correspondence. Repeat with ring, middle and index on each hand.
- Place in trash using opposition starting with index in trash.



Variation:

- 👉 Variation - use feet to pick up and pass to opposite hand
- 👉 Football - make diagonal footballs out of paper and use each finger to "kick" the ball
- 👉 Finger poppers - expanded polyethylene plastic
- 👉 Finger chex mix

