



## **Month 6: Developing Hands and Fingers**

### **School Age**

#### **Parachute or Blanket Games**

Parachute games give children a chance to learn how to get along with other people without the pressure of competition. Everyone participates and there are no winners or losers. If your location doesn't have a parachute, use a blanket. If you cut a hole in the middle, it will be easier to lift and lower the blanket because the air won't get trapped underneath. There are many ways that parachute game can be played:

1. **Waves:** Sit everyone in a circle, holding on tightly to the edges of the parachute or blanket. The children lift their arms up and bring them down to make waves. Suggest that they make the waves smaller and bigger.
2. **Merry-Go-Round:** Have everyone stand in a circle, holding on tightly to the edges of the parachute or blanket. The children pretend they are on a merry-go-round and start walking in a circle all facing the same direction. Suggest that they change directions, or that they make their merry-go-round go faster and slower.
3. **Fanning:** Have everyone stand in a circle, holding on tightly to the edges of the parachute or blanket. Have the children make waves by moving the parachute up and down. One by one, the children take turns lying down under the parachute.
4. **Popcorn:** Have everyone stand in a circle, holding on tightly to the edges of the parachute or blanket. Have the children make waves by moving the parachute up and down. Put a lightweight ball on the parachute and see if the children can keep it moving without letting the ball fall off. Make the game more challenging by asking them to pass the ball to one side, then the other, by tipping the parachute. You can also add more balls to increase the difficulty.

#### **Paper Airplanes/Oragami**

Making paper airplanes or other paper crafts will allow the participants to create something themselves and generate plenty of fine motor movements. See attached sheets for some folding ideas.

#### **"Simon Says"**

Play this excellent body parts identification game without elimination!! To include fine motor activities have the participants move their hands and fingers in different fashions like: the peace sign, thumb to index, thumb to pinky, high five, rotating thumb on pinkie finger for itsty-bitsy spider, etc.

## Letter-Hunt

Take your magnetic letters or make your own set of cardboard letters and hide a few letters in 5-8 different Tupperware containers, zip-lock bags, or jars. Tell your child that she has to look in each container to find all of the different letters in their name. Your child is not allowed to open a new jar until the previous jar opened has been closed. Their treasure hunt is complete after your child is able to spell their name with the letters retrieved. And in the process of hunting, your child also practiced opening and closing containers that they may find in their lunch box at school.

## Scissor Fun

- **Cutting ever-green boughs!** Not only is this a wonderful practical life exercise but your classroom or home will smell wonderful! The children will enjoy snipping the needles from the boughs, and filling a bowl. Later the cut needles can be added with crushed cloves and dried orange peels for a seasonal potpourri.
- **Cut & Paste Activities:** See the attached sheets for two ideas.
- **Practice, practice:** During actual scissor practice, (i.e., cutting activities), encourage the children to cut with "thumbs up". The child should not be holding their thumb toward the floor while cutting. At first, it may be hard for the child to maneuver both the paper and the scissors at the same time. Try helping them by holding their hand on the paper for them while they get scissor practice by snipping with the scissors. However, don't encourage them to use tow hands to maneuver the scissors; this does not help them develop the appropriate skills.
- **Jungle Fun:** Have the children snip around the edge of a green paper to make grass for a jungle or farm. This step comes before cutting across a whole page.

## Drop Painting

As a tabletop activity, use water or clean medicine droppers. Mix water and a few drops of food coloring in containers. Have children use the droppers with the colored water to create a picture on paper towels, tissue paper, coffee filters, etc. This works on the concept of opening and closing their hands for scissors as well as helps strengthen them.

## Hand Strengthening:

- Make confetti!! Using single hole punches or hole punches that make different shapes (stars, hearts, etc.). This will help children strengthen their hands, work on the open/close concept, and builds hand strength.
- Tear pieces of paper to create a picture with torn paper. Tearing paper teaches them how to use two hands together.
- Have the children use clothespins to hang pictures. This works on the concept of squeezing and releasing.

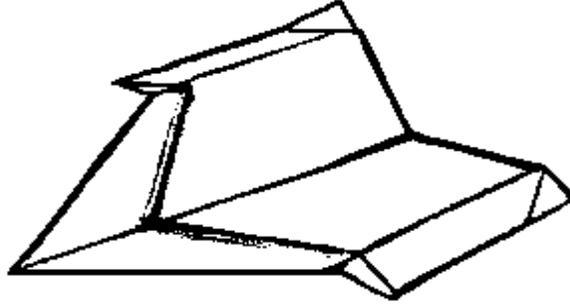
- Allow the children to use wind up toys. This activity uses one hand to hold and one hand to do. This is the same concept needed later for scissors, one hand to cut and the other to hold the paper.
- When playing with [playdough](#), give the children garlic presses to make

References:

Invest in Kids Foundation. (2001). What a child will be depends on you and me: A resource kit for a child's first five years. Toronto (ON): Invest in Kids Foundation.

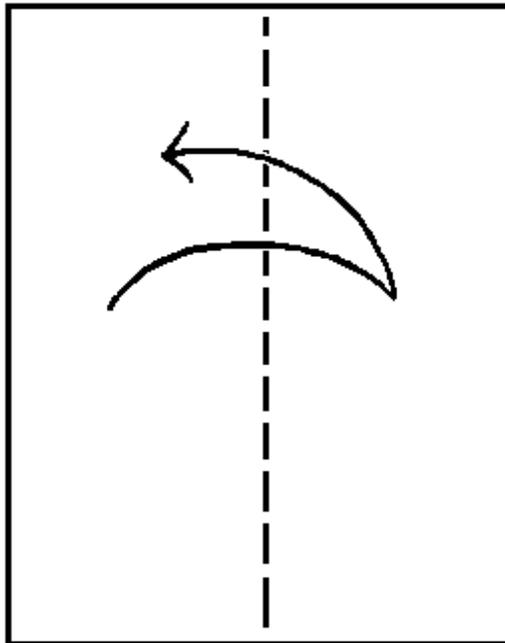
SPARC: Sports and Recreation New Zealand (2008). Developing hands and fingers. Active Movement.

## The Deltry Paper Airplane

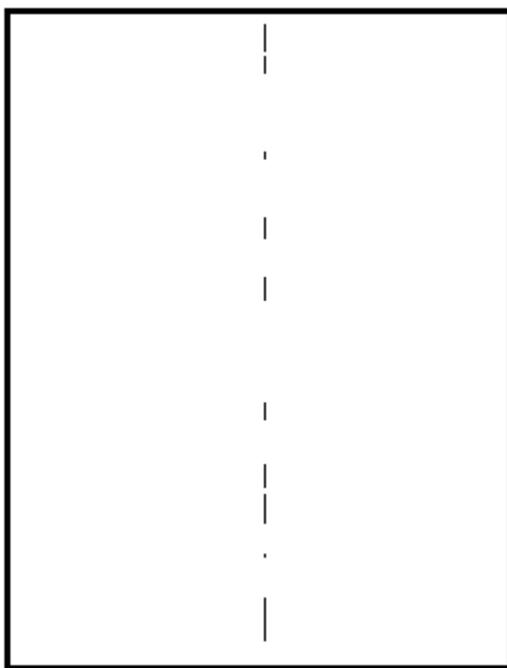


The Deltry Paper Airplane is easy to fly, and very easy to make. It flies slowly, and very smoothly and gently. And it holds together nicely. It's a good bet to become the standard paper airplane people make, because it's easy and the results are amazingly good.

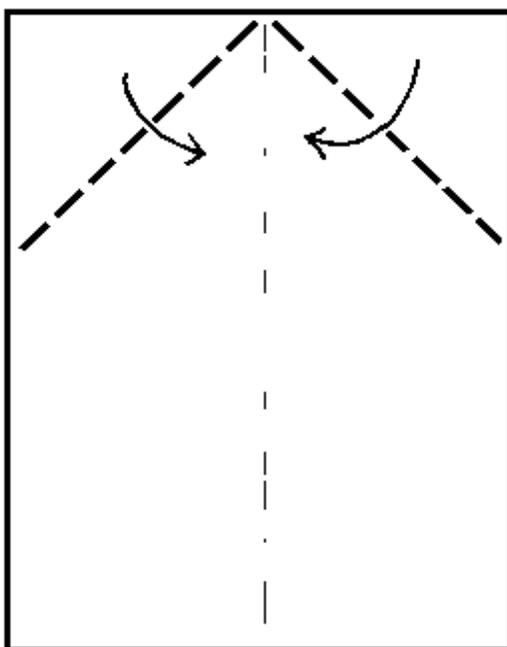
Remember that a simple dashed line is a "valley fold" (the paper goes down where that line is, and up on both sides of that line) and a dashed-and-dotted line is a "mountain fold" (the paper goes up along that line).



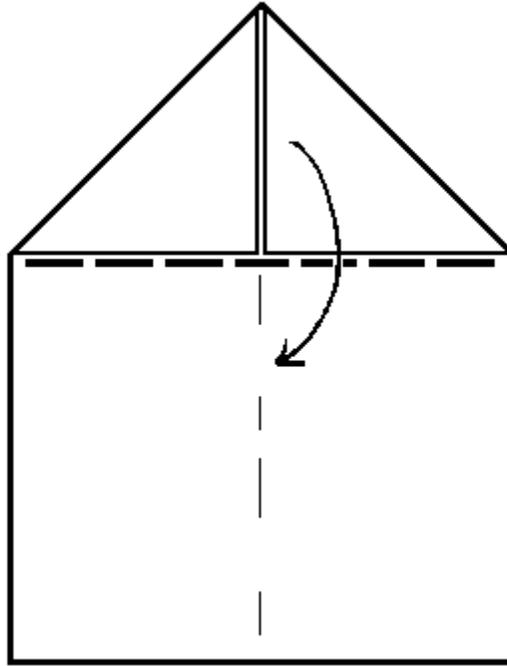
1. Take an 8 1/2 by 11 inch sheet of paper, and crease it along the middle, by folding it in half lengthwise along the dashed "valley fold" line shown and unfold again.



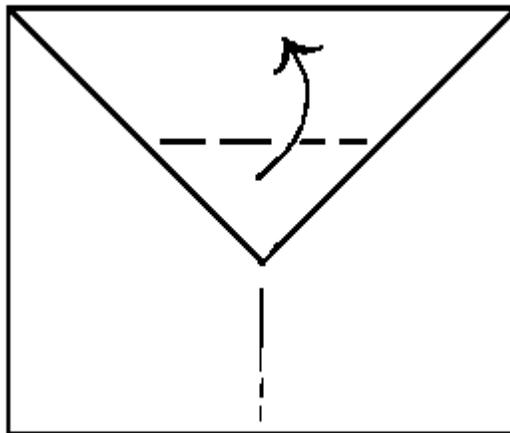
**2. After this point, the result of one folding operation will be shown together with the next folding instructions.**



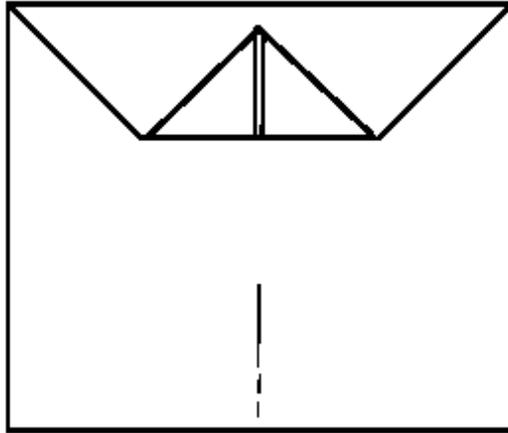
**3. Now fold down the top corners inward to the center crease along the dashed "valley folds" shown, making two new right-angle triangles visible in illustration 4.**



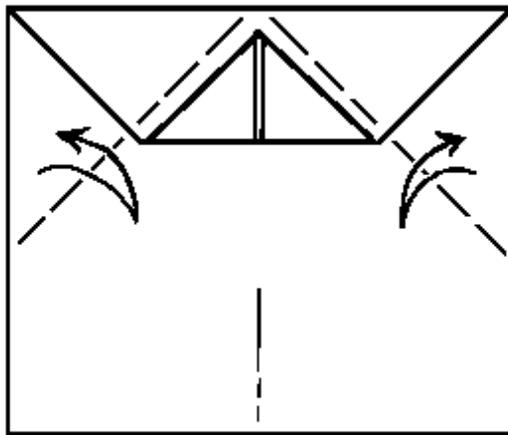
**4. Fold the large top triangle (made up of the two small triangles you just created in step 3), over and down.**



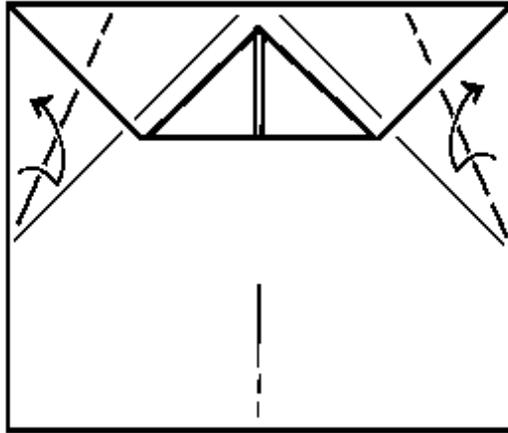
**5. Fold the lower part of the tip of the large triangle up again. But note - not quite all the way up to the top.**



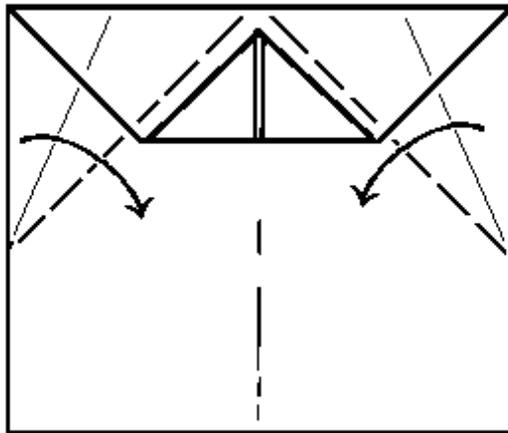
**6. Leave about 3/8ths of an inch of space from the top. This will help the flaps to lock under tightly and keep the airplane together when it's done.**



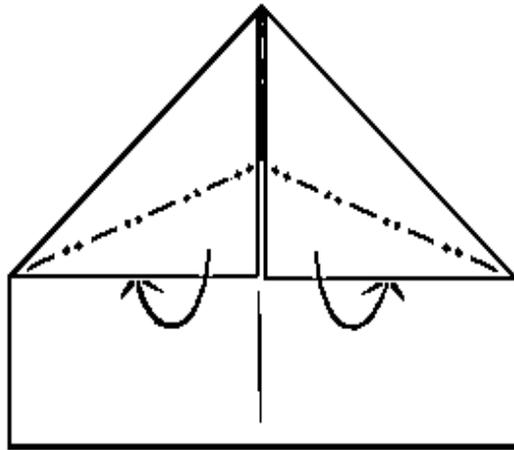
**7. Fold and unfold two top triangles, much as you did in step 3, where the dashed valley folds are shown. Just as in step 3, the inner edges of the new triangles should line up with the center line of the plane you are making. That is to say, don't try to fold right up against the tip you folded up in step 5, since that tip is supposed to be a bit lower.**



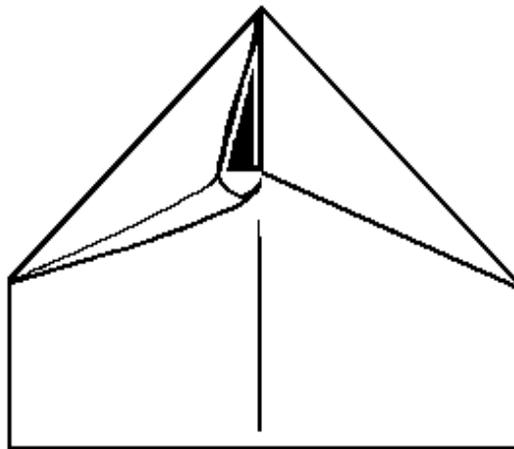
**8. Now bisect the new folds you made, using the previous creases you just made in step 7 as a guide. Fold and then unfold along the two dashed lines, leaving you back where you started, having created two new upper creases.**



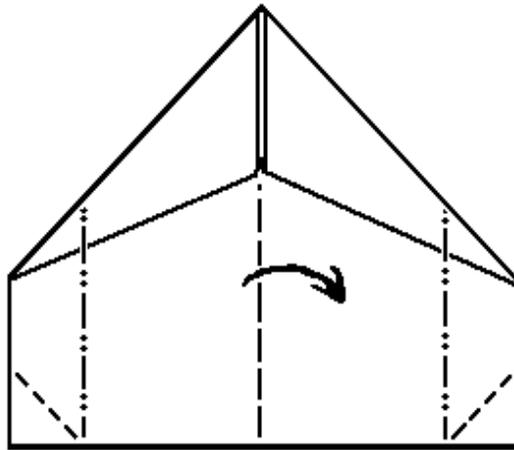
**9. Now you can fold the two large right angle triangles down again, repeating the first part of step 7. For the moment, ignore the two new creases you just created in step 8.**



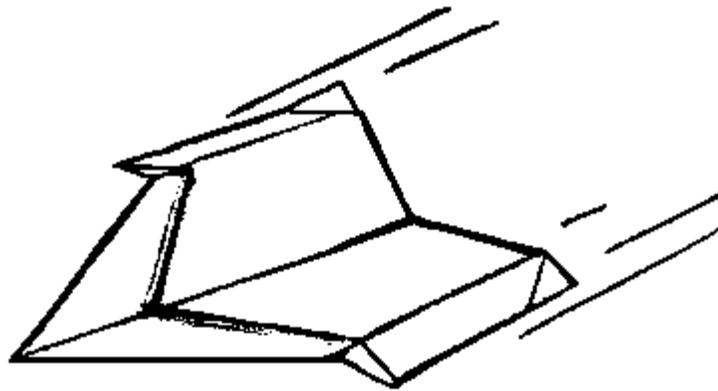
**10. Fold along the two dotted-and-dashed "mountain folds", tucking the lower triangles well underneath, snugly locking them in place. (These two triangles of paper go under the tip you folded up in step 5.) The next diagram, Diagram 11, actually shows this being done. You've almost made a paper airplane.**



**11. The tucking operation shown in progress. Tuck it way under so that everything holds together.**



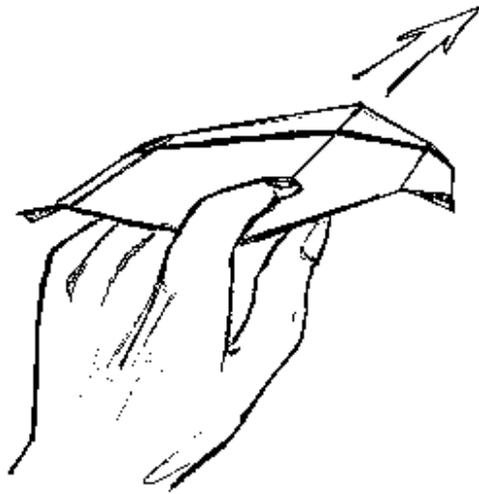
**12. Now you have to make a few partial folds and the airplane is complete. Be sure to distinguish the dashed "valley folds" (that create a valley) from the dashed-and-dotted "mountain folds" that create slight hills. Take a peek ahead at illustrations 13 and 14 to see the paper airplane you are trying to create, if you like.**



**13. The Deltry aircraft in flight - remember that it's a very slow flyer, much slower (and more graceful) than most paper airplanes. Don't throw it, just release it while your hand is moving forward slowly. One good grip is shown below in diagram 15.**

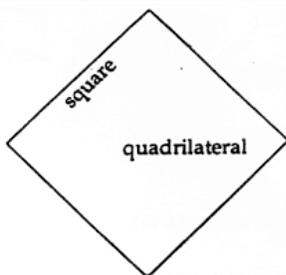


**Front View**

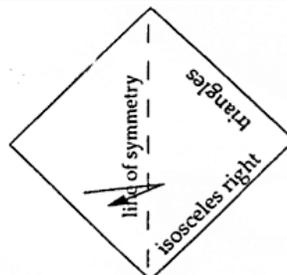


**15. This isn't the only way to grip the Deltry paper airplane in order to launch it, but it's the easiest way. Gently now! This plane soars at a leisurely pace, it doesn't speed anywhere. It flies best if you don't throw it, so much as release it as your hand moves forward a little. You may want to point it's nose just a little downwards as you launch it.**

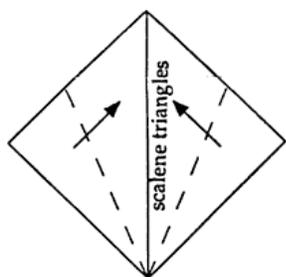
# WHALE



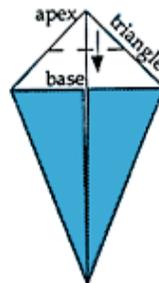
- 1** Place a square sheet of paper on the table so it looks like a diamond.



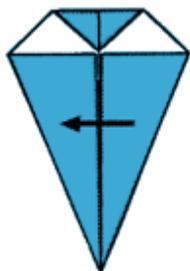
- 2** Fold the right point over to meet the left point (fold in half). Unfold. Find the center crease (line of symmetry).



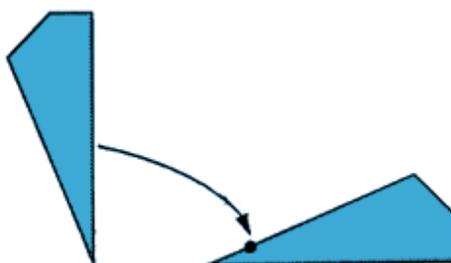
- 3** Fold the lower right and left sides to meet at the center crease (line of symmetry).



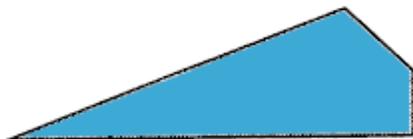
- 4** It looks like a kite. Now fold the apex (top point) down, to the base line to form a small triangle.



- 5** Fold the right side over to meet the left side.



- 6** Put your finger on the bottom as you turn the whale sideways.



- 7** Fold the end point up to make a tail.



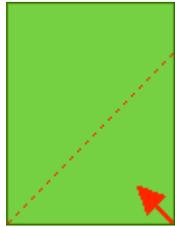
- 8** Draw a happy face. Have a whale of a day!

## Origami Jumping Frog

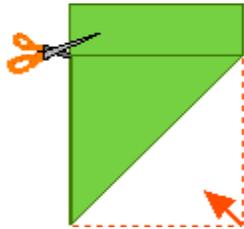
This amazing origami frog really jumps. When you're done making this amazing frog, you can have a frog jumping contest or measure how far you can make your frog jump.

### Supplies needed:

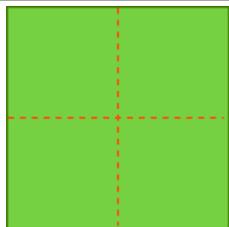
- A piece of paper
- Scissors
- Markers or crayons



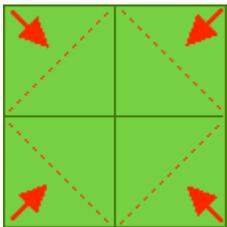
Start by making a square piece of paper. To start making the square, fold one corner of a piece of paper over to the adjacent side.



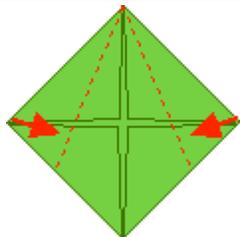
To finish making the square, cut off the small rectangle, forming a square (which is already folded into a triangle).



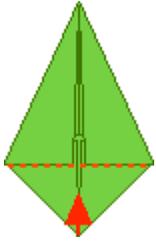
Open up the triangle into a square. Fold the opposite edges together, then unfold. Repeat using the other edges. Open it up into a square again.



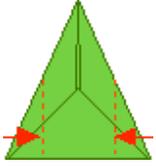
Fold each of the four corners to the center point.



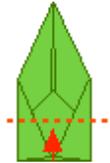
Fold each of the two top edges to the center line.



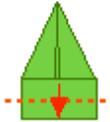
Fold the triangle at the bottom upwards.



Fold each of the bottom two corners to the middle of the bottom edge.



Fold the bottom portion upwards (along the dotted line).



Fold the top half of the lower rectangle downwards toward yourself. This forms the frog's legs.



Give your frog a head by folding a small part of the upper point downwards. Draw two eyes, and your frog is done.

To make your frog jump, push down on the "X" and slide your finger away from the frog.