

HOW TO USE THE PUTTY

HAND FLEXION

Place putty in the palm at the base of the fingers. Squeeze with fingers into the putty like you are making a fist. Release fingers, reshape putty and re-peat process.



FINGER PINCH

Roll putty into a ball shape. Pinch between the thumb and fingertips. This exercise can also be performed with the thumb and each finger separately. Reshape putty and repeat.



FINGER EXTENSION

Roll putty into cylinder and wrap putty around bent finger. Hold the putty with the other hand and try extending bent finger. The degree of thickness of the putty held over the fingertip.



THUMB PRESS

Roll putty into a ball and place in the palm of your hand. Press thumb into the putty towards small finger. Re-shape putty and repeat.



FINGER SCISSOR

Roll putty into a ball shape. Place between two fingers and squeeze them together in a scissor-like motion. Re-shape putty and repeat.



THUMB EXTENSION

Wrap putty around the tip of the thumb while it is bent. Hold the loose ends and try to straighten (extend) your thumb.



FINGER GRIP

Make hook with fingertips and place putty ball between fingertips and palm. Press fingertips into putty.



THUMB PINCH

Make fist and put ball of putty between thumb and index finger. Pinch putty with thumb towards inside of index finger.



FINGER SPREAD

Form putty into a pinwheel shape. Place on table or mat over finger tips while fingers are bunched together. Try to spread fingers apart.



THUMB ADDUCTION

With hand opened, press the putty with your thumb against your index finger. Reshape putty and repeat exercise.



SCISSOR SPREAD

Wrap putty around tips of two fingers while they are together. Spread fingers apart.



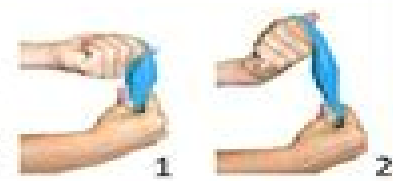
WRIST EXTENSION

Rest forearm on table or arm of chair with wrist hanging over edge, palm down. Grip putty with fingers and extend wrist upward.



WRIST FLEXION

Rest forearm on table or arm of chair with wrist hanging over edge, palm up. Grip putty with fingers and extend wrist upward.



Theraputty Exercises For Kids

Bel Gibbs



Theraputty Exercises For Kids:

The Out-of-Sync Child Has Fun, Revised Edition Carol Stock Kranowitz, 2006-08-01 The first accessible guide to examine Sensory Processing Disorder The Out of Sync Child touched the hearts and lives of thousands of families Carol Stock Kranowitz continues her significant work with this companion volume which presents more than one hundred playful activities specially designed for kids with SPD Each activity in this inspiring and practical book is SAFE Sensory motor Appropriate Fun and Easy to help develop and organize a child's brain and body Whether your child faces challenges with touch balance movement body position vision hearing smell and taste motor planning or other sensory problems this book presents lively and engaging ways to bring fun and play to everyday situations This revised edition includes new activities along with updated information on which activities are most appropriate for children with coexisting conditions including Asperger's and autism and more

Helping Kids and Teens with ADHD in School Kate Horstmann, Joanne Steer, 2009-03-15 This fun and interactive workbook is aimed at actively engaging young people with ADHD and supporting them as they negotiate the pitfalls of growing up and the transition to secondary or high school Each chapter focuses on a different key issue affecting children with ADHD around the time of school transition

Supporting Kids and Teens with Exam Stress in School Joanne Steer, 2019-03-21 This fun interactive workbook offers parents and professionals tried and tested techniques to support children dealing with exam stress with chapters focused on lifestyle management exercise diet work fun balance CBT tools relaxation positive self talk thought challenging and other psychological methods such as mindfulness

1001 Great Ideas for Teaching and Raising Children with Autism Veronica Zysk, Ellen Notbohm, 2012-10-01 Anyone browsing autism books might question that two authors could amass this many ideas and that all of them would be great but this book delivers from the Foreword by Dr Temple Grandin Over 1800 try it now tips eye opening perspectives and time saving strategies abound in this revised edition of the 2004 multi award winning book that has been read and reread again and again by hundreds of thousands of people in fourteen languages around the world Readers can easily find explanations and solutions that speak to the diverse spectrum of developmental levels learning styles and abilities inherent in autistic children at home at school and in the community Ideas are offered in six domains Sensory Integration Communication and Language Behavior Daily Living Thinking Social Being Social and Teachers and Learners The Table of Contents details more than 330 subjects making it easy to quickly pinpoint needed information Accessible ideas that don't require expensive devices or hours of time to implement Relatable ideas and solutions to situations that most parents educators and or family members will recognize Functional ideas that help prepare the autistic child for a meaningful adulthood Awards for 1001 Great Ideas Winner of the Eric Hoffer Book Award for Legacy Nonfiction Winner of the American Legacy Book Award for Education Academic Winner of the American Legacy Book Award for Parenting and Relationships Silver medal Independent Publishers Book Awards Gold award Mom's Choice Awards Finalist American Legacy Book Awards

Cross genre Nonfiction Teachers Choice Award Learning magazine
,1991 **303 Kid-approved Exercises and Active Games** ,2012

The American Journal of Occupational Therapy
Foot Strengthening Exercises Ashley

Mahoney,Lisa Farlow,2004 **Yoga Games for Children** Danielle Bersma,Marjoke Visscher,2011-01-01 This introduction to yoga for children contains variations on traditional yoga postures that help children develop physical strength flexibility emotional calm and self expression The games involve relaxation trust and cooperation Included are over 50 illustrations and 16 completely structured lessons based on themes like the seasons rain snow and animals [DNS FIT KID Exercise Journal](#) Eliška Urbářová,2020-03-25 DNS Exercise Journal A brochure for kids This journal or DNS Fit Kid App is intended for coaches and therapists who use DNS FIT KID in their practice particularly those working with young children and their parents The application consists of twenty exercises based on five developmental positions and serves as a home exercise program for children aimed at both the treatment and prevention of musculoskeletal pain More generally these exercises can also be used as a fundamental dynamic warm up for not only common recreational play but also youth athletic training The DNS exercise app explains the developmental exercise positions to children in a fun relatable manner comparing them with the way animals characteristically move and pose The concise text and colorful illustrations help to explain not only how the child ought to move but also what they should feel during each movement or position Of course these also describe how to detect and correct errors and movement faults typically found with each exercise Furthermore in order to help train exercise transitions movement memory mimicry and team exercise while also incorporating speech development the DNS app has included a variety of rhythmic songs that are meant to be sung along with every global movement routine By incorporating both animal imagery and catchy songs into each routine the DNS Fit Kid App motivates children to exercise regularly in a pleasurable playful way while also emphasizing DNS principles like optimal posture and ideal movement coordination

Yoga for Children Bel Gibbs,2005 Safe healthy and fun yoga exercises to help children grow flexible and strong in body and mind **The Yoga Adventure for Children** Helen Purperhart,2007-06-04 The Yoga Adventure for Children is an illustrated manual for teachers at primary schools and yoga teachers who wish to create children s classes Featuring 80 drawings of poses the book playfully acquaints children with yoga stretches and postures and the philosophy behind the practice Blending yoga play dance music drama and drawing the book requires very little preparation before use Parents too can share The Yoga Adventure for Children with their child at home Practicing yoga together offers an opportunity to both parents and the child to laugh play and have fun together Many yoga positions are inspired by animals and stimulate suppleness and strength and all aspects of yoga are included in the games relaxation breathing concentration meditation self awareness and visualization Concepts like karma chakra and the elements are explained and developed without too much confusing detail The games in this book can also be used to increase children s concentration and self esteem and to stimulate them to express more creativity imagination and better social skills [Acting Like an Animal](#) Tony

Kemerly,2011-05-25 *Acting Like an Animal Playful Strengthening and Stretching Activities for Kid People* offers a very creative method to increase children s flexibility and develop their overall muscular strength The yoga type poses in the book are presented through animals tapping into a child s imagination and making exercising fun Each animal named pose is visually displayed in photos and accompanied by Activity Tips as well as illustrations of and interesting facts about the animal Written for teachers coaches parents and other adults who work with children as well as the layperson who hasn t had formal training in exercise the book is designed to provide a series of exercises that can be done anywhere anytime and anyplace without the need for any equipment and with small requirements for space The exercises will help get children active again and provide enough of a challenge that anyone in the family can join in *Be a Frog, a Bird, Or a Tree* Rachel E. Carr,1973 Children are encouraged to assume the attitudes and movements of other living things as they learn the principles of balance and muscle control **Breathe Like a Bear** Kira Willey,2017-12-05 *Breathe Like a Bear* is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies breath and emotions Best of all these 30 simple short breathing practices and movements can be performed anytime anywhere in the car to the grocery store during heavy homework nights at home or even at a child s desk at school Based on Kira Willey s Parents Choice GOLD Award winning CD *Mindful Moments for Kids* this one of a kind book is sure to help kids find calm gain focus and feel energized during the day and encourage families to establish a fun and consistent mindfulness practice whether at home or on the go Fun Exercises for Kids April Menafield,2021-04-22 With game consoles and the Internet children are playing as much as they always have but now they sit still while doing it Kids spend as much time watching TV using computers and playing video games as they spend in school each week One in every three kids in America is considered overweight or obese and the number one concern that parents bring up to pediatricians is keeping kids fit Half of all children are not physically active enough for the development of a healthy cardiovascular system *Exercises And Activities For Kids* helps 6 8 year old kids get off their chairs with fun and age appropriate exercises Exercise for children must be fun These exercises have been used for personal training sessions kids fitness classes kids fitness camps birthday parties and in schools they have all been Kid Approved *The Clumsy Child* Daniel D. Arnheim,William Andrew Sinclair,1975 **Mindfulness Exercises for Kids** Lilian Forster,2020-10-19 Find out all of the fundamental ways that mindfulness can improve your child s life now and later Mindfulness is a practical term for finding calm through being present in the moment and accepting yourself In *Mindfulness Exercises for Kids 75 Relaxation Techniques to Help Your Child Feel Better* parents and teachers will find a plethora of useful exercises meant to encourage children s mental health Scientific research has shown that kids exposed to meditation and mental health exercises are more emotionally intelligent than average Through the activities inside of this book children will learn to love and accept themselves while maintaining an affection for the world they occupy Your little one will learn about their own emotions and how to understand the feelings of others Stability awareness positive self esteem and emotional

growth may be achieved through mindfulness especially when the individual learns these habits early Kids perform exercises that foster feelings of self love Young minds soak up new habits that change their concentration and improve the way they observe the world Watch how much detail your child notices after just a few of these activities Children learn to thrive even in challenging situations Self soothing techniques ensure that your little one is always comforted even when you are not around Your little ones will learn the basics of meditation visualization and breath control Concentration skills are improved as children are challenged through games crafts meditations and experiments Watch as your child learns new ways to process the world around them with all of their senses with activities that they will want to repeat again and again Create an environment where your children are comfortable being open and honest with you as they begin to explore their own feelings and developing personality Give your child a better understanding of how their body works through exercises that test balance and test physical observations Buy now discover the benefits of mindfulness and start using it with your whole family

Exercise and Play Ronelle Carter,2003 Introducing an exciting new interactive children s fitness program that makes exercising fun as well as educational Encourage children to incorporate exercise into a healthy habit for life **The Core Strengthening Handbook** Claire Heffron Otr/L,Lauren Drobnjak,Claire Heffron,Lauren Drobnjak Pt,2017-01-12 Do you know a student who slumps and leans in her seat Do you have a child who just can t seem to sit still Or maybe there s a kid you know who can t concentrate in the classroom or during homework time Very often when we see issues like these the underlying problem is core strength Weak core muscles are becoming more and more common in kids today The Core Strengthening Handbook is the ultimate resource for fun and creative core strengthening activities for kids Inside you ll find tons of awesome exercises games and activities designed to give kids the strong core foundation they need to succeed The core is the center of control for everything else the body does When kids have strong core muscles it paves the way for the progression of other developmental skills The core strengthening exercises and activities in this book were created by pediatric occupational and physical therapists and offer playful and creative ways to help your child establish a strong core foundation Breathing Exercise Cards for Kids Giselle Shardlow,2020-05

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