Daily Hand Programme

• Wash hands in warm bubble water

• Dry hands with rough towel

• Massage hands with lotion

• Paint with small brush from tip of nail up individual fingers – any small brush -tooth brush/fine paint brush/shaving brush etc.

• Explore different types of texture e.g. rough, smooth, soft, hard, cold, hot, vibrating toys

• Make marks – explore and make marks in different textures in a tray – Gloop, Rice, Flour, Porridge, Pasta etc.

These are just an example of materials to make marks in. You can choose your own materials to make marks in.