**BANDS ON YOUR HANDS**

**Student Directions**
Cup your hand and point your fingertips up. Stretch a rubber band around the tips of your fingers and thumb. Open and close your fingers as many times as possible before the rubber band flings off!

**Hand Functions**
- Arches of the hand
- Sense of touch

**Materials**
- Rubber bands

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**OLYMPIC TIPS**
A variety of sizes, widths, and resistances can be useful for providing challenges. Monitor and vary the student's shoulder stability. Leaning your arms on your legs or a table provides greater stability and decreases difficulty. Holding your arms away from the body provides less stability and thereby increases difficulty.

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**PICK-UP STICKS**

**Student Directions**
Play a game of pick-up sticks using only your thumb and index finger. Curl your other fingers into your palm. If the sticks are too easy, try toothpicks. For the trickiest game of all, mix toothpicks and pick-up sticks in the same game.

**Hand Functions**
- Pinch grasp
- Opposition/open web space
- Separation of the two sides of the hand

**Materials**
- Pick-up sticks
- Toothpicks

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**OLYMPIC TIPS**
Increase or decrease the level of difficulty by changing the amount of shoulder stability. Leaning your arms on your legs or a table provides greater stability and decreases difficulty—holding your arms away from the body provides less stability and thereby increases difficulty.

To increase development of the技能侧 of the hand, make sure the student's last three fingers curl into the palm. Otherwise, have the student hold a pom pom with the last three fingers.