



MARBLES IN CLAY

Student Directions

Knead the clay until it softens and then form a large ball—big enough to hide four marbles. Push the marbles into the clay so each is hidden. Reshape the clay into a ball. Then permit the student to dig the marbles out using the index finger. Repeat this activity twice.

Hand Functions

- Finger isolation
- Hand muscle development
- Sense of touch

Materials

- Clay, molding dough, or resistance putty
- Marbles



OLYMPIC TIPS

Hide the marbles in resistance putty (varies) to increase difficulty.

Use marbles of different sizes. Allow the student to use only one hand.

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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