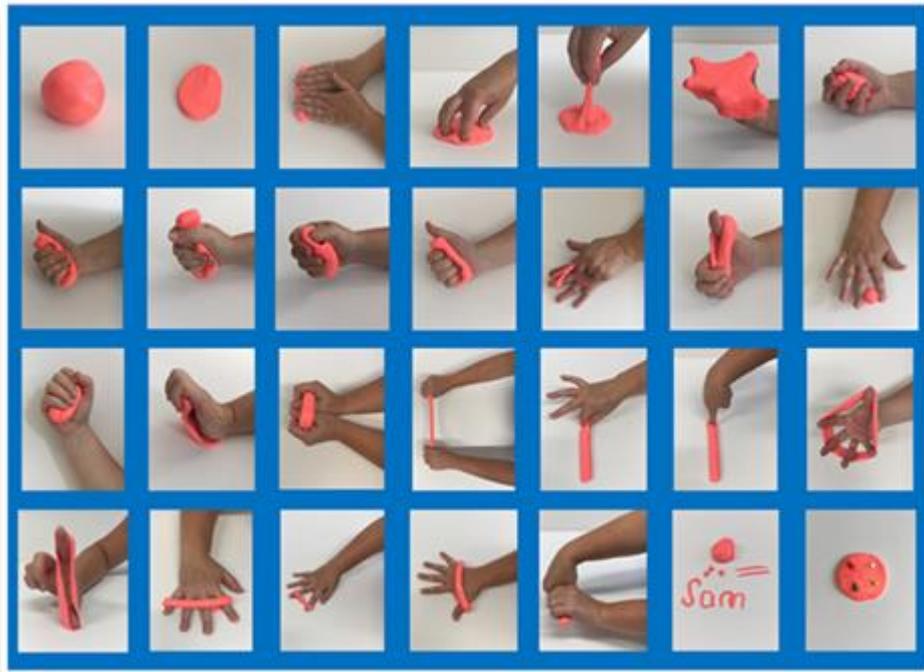


Theraputty Activities

Theraputty is for children who have fine motor difficulties.



Theraputty Advice

- Use theraputty as advised with the activity sheet provided.
- Wash hands before and after using theraputty to keep it clean and avoid cross contamination and/or infection.
- Ideally each child should use the same piece of theraputty at each session.
- Place the theraputty on a clean smooth surface preferably a table. When the theraputty is excessively stretched it can break down into fine strands; care should be taken with these as they 'stick' to carpets and clothing.
- To remove fine bits of putty from the table surface daub with a large blob of theraputty.
- Theraputty is available in a range of strengths or resistances. The different strengths are colour coded as follows:
 - o Tan: extra-extra soft
 - o Yellow: extra soft
 - o Red: soft
 - o Green: medium
 - o Blue: firm
 - o Black: extra firm

We normally only work with yellow, red and green theraputty when working with children and

young people. As a rule of thumb we would use yellow with nursery and early years primary school children, red with mid to late primary school children, and green with older children. Obviously some children may be stronger than others but it is better to start with a softer resistance and work up to a firmer strength.

- There are a number of suppliers online who can provide the various colours in different quantities ranging from individual sized tubs up to pots containing enough for an entire class.

Sitting Posture

Follow these tips for the best posture when carrying out table top activities:

- Sit at a table (preferably for your height)
- Feet flat on floor, (use a box to rest your feet on if your feet don't quite touch the floor)
- Ankles, knees and hips should all be at 90° angles
- Ensure your bottom is right back on the chair, sit up tall with back straight



Hand Warm Up Exercises

Carrying out the following hand exercises prior to fine motor or drawing tasks helps the child's hands prepare for activity. The exercises are aimed at increasing the tactile and proprioceptive sensory messages the child receives from their hands. By doing this the child will have an increased sensory awareness of what their hand muscles and joints are doing. This should help improve motor control and aid motor memory for learning movements involved in fine motor tasks such as writing.

<https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/theraputty-hand-strength-exercises/>