

Putty Exercises

1. Make a ball (rolling on the table) and squeeze making a fist then straighten your fingers back out.
2. Make a hotdog (about 12 inches long) and pinch, thumb to index, thumb to middle, thumb to ring, and thumb to little.
3. Make a pancake (flatten on the table) and pull with finger tips, spread fingers out.
4. Make a hotdog, pinch off a small amount, and roll into a small ball using one hand.

