

Putty Finger Exercises

Try to do these at least 3 times a week



3 Snaps

Snap a small piece of putty apart very quickly with both hands



3 Peas

Roll small pieces of putty into peas with just your fingers



3 Hotdogs

Roll the peas into a hotdog



3 "P's"

Turn the hotdog into the letter "P"



3 Swirls

Turn the "P" into a swirl



3 Pancakes

Smash the swirl into a pancake with your thumb.



3 Tacos

Fold the pancake into a taco shell with both hands.

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Please keep the putty stored in the container when not in use. Putty softens with use and will "melt" into fabrics. Watch for putty "strings" and pick them up as soon as you see them.