



Fun 'n' Games Fun 'n' Games Fun 'n' Games Fun 'n' Games Fun 'n' Games Fun 'n' Games Fun 'n' Games

Supination

He/she can hide the stickers from sight by turning his hands over or closing them, like in the pictures below. Describe the movements to your child and ask him/her to try to show them to you.

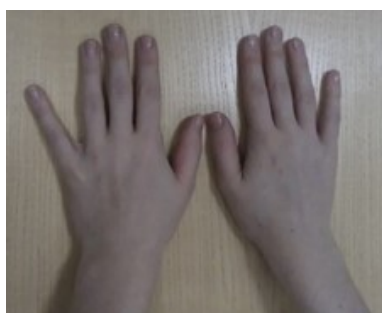


Figure 1 shows two hands, likely belonging to a patient, exhibiting severe allergic reactions. The hands are significantly swollen and red, particularly around the fingers and wrists, indicating a severe allergic response.

Make a fist

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He/she could also try putting stickers on the back of his/her hands, if he/she prefers – ask him/her to spread his/her fingers as far apart as he/she can.



Ask your child to put some stickers on the ends of his/her fingers and make them dance by wiggling his/her fingers. Try tapping on one of his/her fingers and asking him/her to move it. This is really good for practising controlling individual finger movements.



Your child can also put stickers further up his/her arms, near the elbow and at the crease of his/her inner arm. Ask him/her to try to move his/her arms so that the palms face away from each other. Then he/she can see the stickers at his/her elbow and show them off! This may be difficult to do at first – that's okay, just ask him/her to try again and praise any effort.

He/she might find it easier to do with time.

Your child could try stretching out his/her arms with palms facing upwards to show off the other stickers on his/her arms.

See if the smiley stickers on each arm are the same colour.



Variations:

1. If your child does not like to have stickers on his/her hands he/she could draw a little dot with a pen.
2. He/she could hide a little sweet or raisin in one hand and you could guess where he/she has hidden it.
3. You could also play the wiggly fingers game without stickers or as a game of musical statues – your child can move his/her fingers while the music plays and then hold a position when the music stops.

<http://research.ncl.ac.uk/hemiplegiaresearch-fungames>