Smiley Sticker Game

This game is good for encouraging the following movements:

- Thumb/finger grasping
- Reaching
- Releasing
- Wrist and forearm movements
- Supination

You can use any stickers - they don’t have to be smiley faces - ask your child to choose the ones he/she would like to use.

Try to encourage your child to peel the stickers off the sheet and place them on the palm of each hand but if this is too tricky you will need to help.

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.

Place hands flat on table

Place hands together, palm-to-palm

Make a fist

When your child has hidden the stickers, you can guess what colour they are!
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