



TheraPutty Exercise Story

Here is a story that you can use to keep hand theraputty exercises fun and fresh! Just tell the story and move the theraputty between your hands simultaneously. We have added prompts to help you.

It was a sunny day and we decided to go down to the local vendors and see if we could grab ourselves a hot dog on a bun.

We decided that the hot dogs were good and we should grab ourselves a drink as well.

That is when we caught the whiff of a yummy cinnamon roll. We decided we must have one. It was so good.

We looked at the clock and realized we were pressed for time.

We decided to take a park path home.

How tired we had become, so we made our bed and took a nap.

When we awoke, the moon had come up so we got some hot tea and went to bed.

**Make a ball and then use fingertips to pinch around the edges. (sun)
Now make a roll and make indents with finger sides[intrinsic muscles] as if you are separating putty into buns.
Now re-roll the putty into a hot dog shape.**

Turn hot dog shape on it's end and push down until it is the shape of a small soda can.

Roll putty again as long as it will allow and then spiral it around itself to look like a cinnamon bun.

Roll putty into a ball and press between both palms.

Roll putty and press it on to the table like a path and then walk fingers up it as if they were feet.

Form putty into a rectangle shape.

Turn the bed shape into a crescent moon shape. You may choose to do it with only your 1st and 5th digits to make it more difficult.