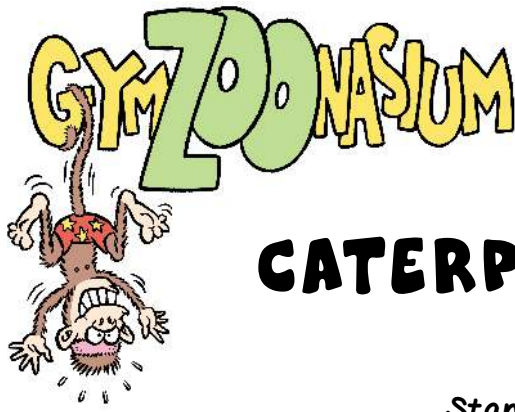




CATERPILLAR KISSES

*Standing in my treehouse,
I'm amazed at what I see...
Caterpillars kissing
on each branch of my tree!*



PURPOSE

- Develops the ability to move each individual finger with the thumb in a coordinated manner
- Primes finger muscles before handwriting and fine motor tasks
- Improves fine motor performance



INSTRUCTIONS

1. Have your hands apart, with your palms facing in and thumbs pointing to each other
2. Move each pointer finger down to 'kiss' the tip of the thumb, and then back to the starting position again
3. Repeat 'step 2' with each other finger (middle fingers, ring fingers and then pinkies)



WATCH FOR

- Only one type of finger moving (for example, just the pointer fingers). The other fingers staying still.
- Touch the very tip of the thumb and finger



MODIFICATIONS

- Watch your fingers as you do Caterpillar Kisses
- Do Caterpillar Kisses slowly
- Do Caterpillar Kisses with one hand at a time



MORE CHALLENGING

- Pop a bubble wrap bubble with each Caterpillar Kiss
- Do Caterpillar Kisses with both hands at the same time, but in the opposite direction (e.g. at the same time as your right thumb is 'kissed' by your right pointer, tall man, ring finger then pinkie; your left thumb is kissed by your left pinkie, ring finger, tall man and then pointer).



MAKE IT MULTI-SENSORY

- Put a piece of double-sided sticky tape on the end of your thumb to help your caterpillars 'stick' together!

FUN AND GAMES

