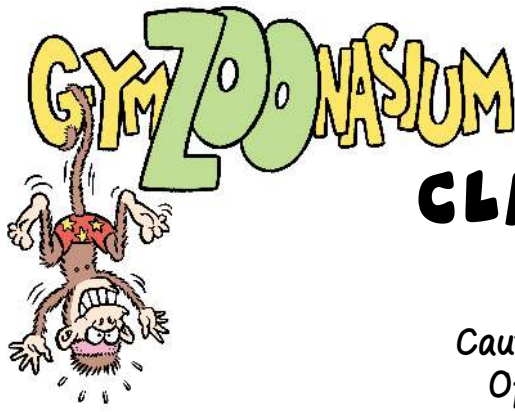




CLAM CLOSE

*Cautious clam in the sea
Opens its shell wide,
Then snaps shut to protect
its precious pearl inside.*



PURPOSE

- Strengthens your wrists and fingers
- Improves your fine motor skills



INSTRUCTIONS

1. Clap one hand on top of the other (with your palms together)
2. Keep your wrists together, while you open and close your 'clam'
3. Repeat 5 times and then repeat with the opposite hand on top



WATCH FOR

- Wrists staying together (like a hinge) and 'clam' opening wide
- Fingertips touching the fingertips of the opposite hand when the clam is closed



MODIFICATIONS

- Do Clam Close with your fingers together instead of apart



MORE CHALLENGING

- Try Clam Close with a stretchy scrunchie around your knuckles





MAKE IT MULTI-SENSORY

- Try Clam Close in the bath, opening and closing your 'shell' underwater like a clam!



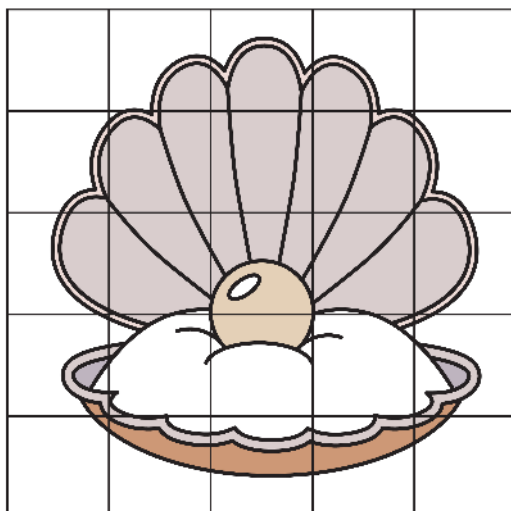
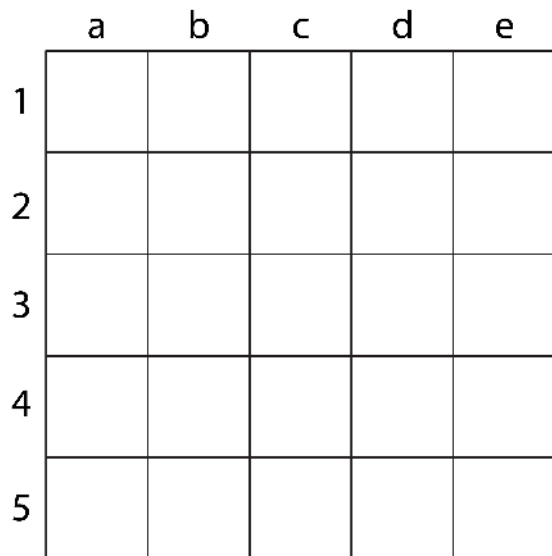
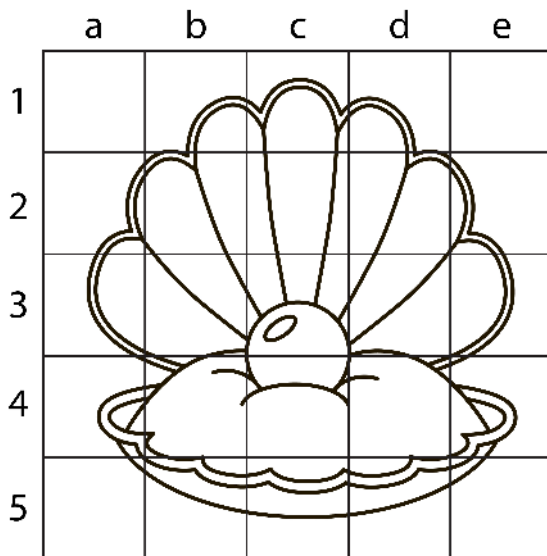
FUN FACTS

- Clams, muscles or oysters can make a pearl to protect themselves against an irritant that has entered their shell
- The only way to tell if a clam, muscle or oyster has a pearl inside is to open it to see - there is no way to tell from the outside
- Some types of clams can live for as long as 500 years!



FUN AND GAMES

Use the grid to help you draw a clam with a precious pearl inside



**Here is
your drawing!**

**Copy the picture
using the grid.**