



SPIDER STRETCH

*With her legs outstretched
and body up high,
Spider scurries over
to prey on a fly.*



PURPOSE

- Develops the ability to stretch the hand around large objects
- Strengthens the thumb and fingers
- Improves fine motor performance

INSTRUCTIONS

1. Put one hand on your desk, with your fingers spread wide apart
2. Arch your hand up high (like a long-legged spider)
3. Make a small fist with your other hand
4. Walk your 'spider hand' over to surround, but not touch, the fist. Keep your 'spider hand' arched high and wide for 5 seconds.
5. Switch hands and repeat.

WATCH FOR

- 'Spider hand' arched high and wide (so it doesn't touch the fist). Imagine your hand being a Daddy Long Legs Spider.

MODIFICATIONS

- Do Spider Stretch with something smaller than your fist (try an eraser or pencil sharpener)



MORE CHALLENGING

- Do Spider Stretch using various sized balls or soft toys as the 'prey'
- Hold the Spider Stretch position for as long as you can



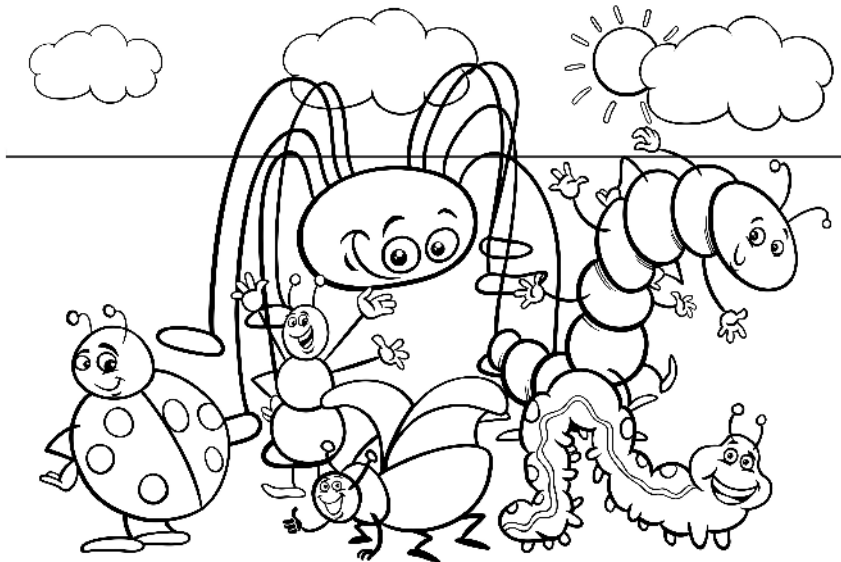
MAKE IT MULTI-SENSORY

- Do Spider Stretch on your desk. Listen to your spider's feet scurrying along the desk. Try scurrying along other surfaces to listen for the sound.



FUN AND GAMES

Find 6 differences between the pictures below



FIND
6
DIFFERENCES

