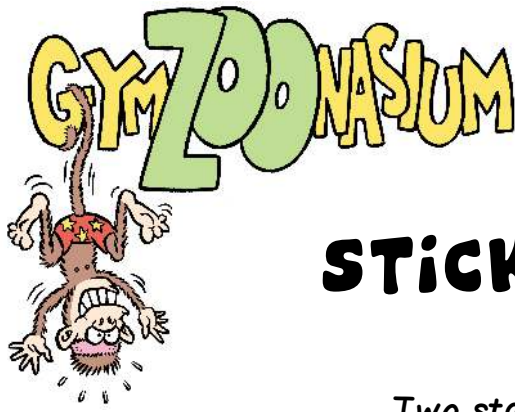
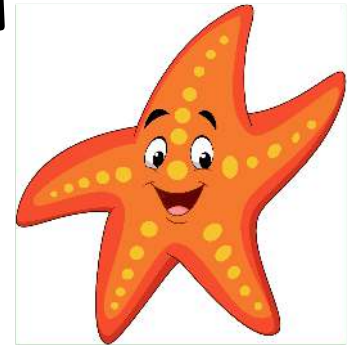




STICKY STARFISH

*Two starfish kids stick together
so their mum can't get them to bed.
Each time she unsticks their legs,
back together they stick instead.*



PURPOSE

- Improves fine motor control
- Strengthens finger muscles
- Develops the important skill of moving one finger at a time

INSTRUCTIONS

1. Clap your hands together and keep them stuck together
2. Unstick your thumbs (as far apart as you can without your hands coming apart)
3. Stick your thumbs back together
4. Repeat steps 2 and 3 with your pointer fingers, then middle fingers, then ring fingers then pinkies

WATCH FOR

- Only one pair of fingers unsticking at a time

MODIFICATIONS

- Do Sticky Starfish slowly

MORE CHALLENGING

- Try Sticky Starfish with your eyes closed





MAKE IT MULTI-SENSORY

- Stick double-sided sticky tape onto each of the fingers on your left hand. Stick your hands together and feel the stickiness as you try to unstick your fingers and stick them back together.



FUN AND GAMES

Can you figure out what would come next in each row below?

