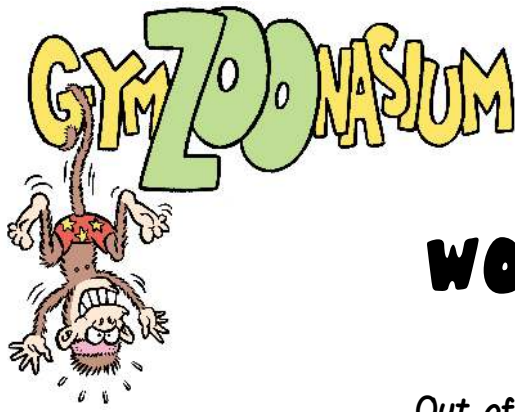




WORM WAVE

*Out of their homes in the dirt
the worms pop out to say hi.
They give a quick friendly wave,
Then hide in the dirt, so shy.*



PURPOSE

- Improves fine motor performance
- Develops the ability to isolate and use the fingers one at a time in functional tasks
- Develops bilateral coordination (the coordination of both hands to complete a task)

INSTRUCTIONS

1. Make a fist with each of your hands
2. Straighten both your thumbs, bow them down a few times, then return them into your fists
3. Repeat step 2 with your pointer fingers, middle fingers, ring fingers and then pinkies.

WATCH FOR

- Bending and straightening only one finger on each hand

MODIFICATIONS

- Do Worm Wave with just one hand at a time

MORE CHALLENGING

- Do Worm Wave with both hands at the same time, but in the opposite direction (starting with your right thumb and left pinkie waving to each other)





MAKE IT MULTI-SENSORY

- Do Worm Wave with your eyes closed. Imagine being a worm, without any eyes or ears, and focus just on what you can feel around you.



FUN FACTS

- Worms have no eyes - they just have light receptors that enable them to tell if they are in the dark or light
- Worms can communicate with each other using touch and taste
- Worms feel for vibrations in the soil to help avoid predators



FUN AND GAMES

How many of each creature are there in this picture?

