

Putty Finger Exercises

Try to do these at least 3 times a week

3 Snaps

Snap a small piece of putty apart very quickly with both hands

3 Peas

Roll small pieces of putty into peas with just

Turn the hotdog into the letter "P"

3 Swirls

Turn the "P" into a swirl

3 Pancakes

Smash the swirl into a pancake with your thumb.

3 Tacos

Fold the pancake into a taco shell with both hands.

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