

# Bean Bags & Clothespins

## Activity 4

Level: Medium

### Purpose:

- Separation of the two sides of the hand
- Hand muscle development

### Materials:

- Bean bags
- Spring loaded clothespins (one per student)

### Directions:

Sit in a circle or have two people facing each other. Hold clothespin using the thumb, index and middle fingers, with last two curled under. The first student picks up a bean bag with the clothespin and passes it to the next person, who takes it with his clothespin. Pass it around the circle using the clothespins only. The last person puts it in a bucket. Fill a bucket with the bean bags. Try to keep the beanbags from touching the floor as they pass between partners!

### Tips:

1. To increase development of the skilled side of the hand, make sure the last two fingers are curled into the palm. If not, have the student hold a pom pom in his hand with the last two fingers.
2. Increase or decrease the level of difficulty by changing the amount of shoulder stability the student is using. Less stability is needed if arms are leaning on table or legs. More stability is required when holding arms in space.
3. Increase difficulty by using heavier or larger bean bags.
4. If you are successful, try this: using clothespins, pick up a bean bag with each hand and try to exchange them with your partner, who also has two clothespins.