

Ames Public Library @HOME Activities

Hand Care!

Our hands can do amazing things! There are over 30 muscles in your hand that co-ordinate and work together in a highly complex manner. It is therefore important that these muscles are strong. Squeezing a stress ball, making a fist and releasing it, and working with clay or Play-Doh provide a great workout for your hand.

See a related video on the Library's YouTube Channel at <http://bit.ly/APLvideos>.

Books and Media:

| Title | Author / Publisher | Call Number |
|--|-------------------------|----------------------|
| <i>My Bones</i> | Lindeen, Carol | J 611.7 LIN |
| <i>First Human Body Encyclopedia</i> | (DK) | J 612 FIR |
| <i>Inside the Bones</i> | Halvorson, Karin, M.D. | J 612.7 HAL |
| <i>Muscles</i> | Simon, Seymour | J 612.74 SIM |
| <i>What is Touch?</i> | Boothroyd, Jennifer | J 612.88 BOO |
| <i>The Five Senses - Touching</i> | Rissman, Rebecca | J 612.88 RIS |
| <i>101 Kids Activities That Are the Ooey, Goey-est Ever!</i> | Harrington, Jamie | J 745.592 HAR |
| <i>Recipes for Messy Play</i> | (New Shoots Publishing) | J PC 372 REC |
| <i>Understanding the Human Body (DVD)</i> | (The Teaching Company) | J 612 (DVD) UND |
| <i>The Magic School Bus: Human Body (DVD)</i> | (New Video Group) | J 791.4575 (DVD) MAG |

Websites:

| URL | Notes |
|--|--|
| www.cdc.gov/handwashing/index.html | Tips on handwashing and hand care |
| https://bit.ly/2FvRUNY | Skeleton Science presented by Dr B, the Children's Museum of Houston |

Vocabulary

Opposable thumb – A thumb that is placed opposite the fingers of the same hand. We humans have opposable thumbs on our hands. The thumb helps our fingers to grasp, handle, and manipulate objects like tools.

Muscles – Muscles are made of elastic tissue and are flexible. There are three types of muscles: Cardiac, Skeletal, and Smooth.



Bones – Bones are living, growing tissue, made mostly of collagen. Bones make up the skeletal system and provide strength and rigidity to our body.

Joints – A joint is a place where two bone connect. Joints help the body bend and twist.

Exercises for your hands:

Squeezing a soft ball

- Hold a soft stress ball in your hand, and squeeze it as hard as you can (without causing any pain).
- Hold the ball tightly for 3-5 seconds, and then release it.
- Repeat, working your way up to 10 to 12 repetitions.

Making a fist and releasing

- Make a fist, wrapping your thumb across the outside of your fingers.
- Hold this position for 1 minute, and then open your hand.
- Spread your fingers as wide as you can for 10 seconds.
- Repeat 3 to 5 times with each hand.

Working with clay or Play-Doh

Form a ball with some **Play-Doh** and then roll it out. Manipulating **Play-Doh** will strengthen your hands, while creating sculptures with detailed features will help improve your fine motor skills.

As with any exercise, a good warm-up, and rest between exercises is important, this helps prevent injuries.

(Source: Healthline, <https://www.healthline.com/health/can-you-increase-the-size-of-your-hands>)

It is also important to keep hands clean and free from germs by washing them frequently. Here are step-by-step instructions or scan the code for directions.

How to wash your hands:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air-dry them.



(Source: The Center for Disease Control, <https://www.cdc.gov/handwashing/index.html>)

Take Away Kit: Play-Doh

Bag Contents:

- 1 tub of Play-Doh

Play-Doh is great fun to play with. You can knead it, roll it out, and cut it into shapes. If you need to soften your Play-Doh, just add a few drops of water to it, and knead it in.

You can also make your own play dough with the process below:

You Need:

1 cup Flour

½ cup Salt

2 tsps Cream of Tartar

Few drops of food coloring, we used gel food coloring, this mixes in well and does not stain your fingers. You can also use liquid watercolor.

1 Tbsp Cooking oil

1 cup Boiling water

Method

Mix the dry ingredients, food coloring, and cooking oil together. With the help of an adult, add boiling water. Stir well with a spoon, until it leaves the sides of the bowl. Add more flour if it seems too sticky, then turn out, and knead.

Your play dough is ready to play with!