

## OCCUPATIONAL THERAPY TREATMENT PROGRAMME

### Ideas for making DIY fiddle tools

- Balloons filled with flour or play dough
- Nuts & bolts
- Velcro under the table / on top of the table to run fingers over
- Theraband on legs of the table or chair
- Pipe cleaners to twist / wind around fingers
- Ziplock bags filled with hair gel / paint and taped shut (can add buttons, beads etc)
- Ziplock bags or balloons filled with water beads
- Key rings linked together (try different sizes)
- Large key rings with beads on
- Flexible rubber hair curlers