

Glove Fidgets



Benefits

Provides calming, heavy muscle work to the hands.

Provides deep pressure to the hands.

Provides proprioception to hands and fingers.

Develops strength, flexibility and use of hands and fingers.

Pinching, pressing and squeezing reduces stress.

Use before a fine motor task to increase awareness and get hands and fingers ready to go.

Hand to children as a way to occupy hands that need to fidget a lot.

When fingers are impatient for something to do; when you worry

Materials

1. Rubber glove
2. Sealing tape and Rubber sealing glue
3. Filling: Sand, Rice, Dried peas, Pulses and so on.

Preparation

1. Fill the rubber glove with one of the filling materials.
2. Ensure that each of the fingers is filled. Take care to fill it evenly. Do not over-stuff the glove. The level of stuffing will determine the resistance when pressed or squeezed.
3. Fold the open end of the glove twice, sealing it at each fold with glue for additional strength. Tape the final fold.

Adaptation

1. Cover with a thick cloth glove to convert into a chew toy for proprioceptive input to the mouth and jaw. Use only edible fillings and check regularly for tears and punctures in the glove.