

Whole dominant hand slides between thumb and fingers of non dominant hand. Consideration should be given to how you are placing objects, e.g. letters in a letter box would be picture one, spoon in a teacup would be picture 2



With palm facing upwards, back of dominant hand moves downwards to make contact with the back of non dominant hand



With palm facing upwards dominant hand moves forward under non dominant hand (the non dominant hand should be horizontal, palm facing down with fingers to right)