

# Newspaper Crumple

## Activity 30

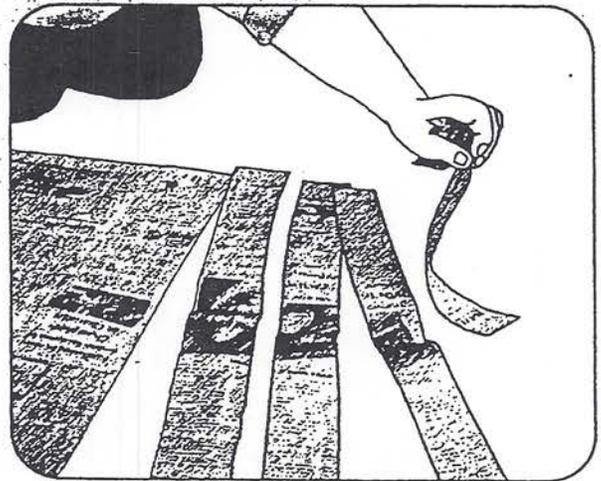
Level: Easy

### Purpose:

- Arches of the hand
- Translation/in-hand manipulation

### Materials:

- Newspaper or any used writing paper
- Basket



### Directions:

Take a sheet of newspaper and tear it into strips about 2" wide (that's about \_\_\_\_\_ this wide).

Crumple them up into balls with one hand. Fill a basket with the balls.

### Tips:

1. 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.

# Marbles in Clay

# Activity 29

Level: Easy

## Purpose:

- Finger isolation
- Hand muscle development
- Sense of touch

## Materials:

- Clay
- Marbles

## Directions:

1. Knead the clay until soft. Form it into two large balls that are big enough to hide four marbles. You can make one and have the student make one, or two students can each make one.
2. Push the marbles into the clay so that they can't be seen. Reshape the clay back into a ball.
3. Trade balls with another player and try to dig out the marbles from the other ball of clay with your fingers. Repeat this activity twice.
4. When you're done, rub off the bits of clay that are stuck to the marbles, stick the clay pieces back together and form it into a ball.

## Tips:

1. 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.

# Disappearing Sponge Art

# Activity 15

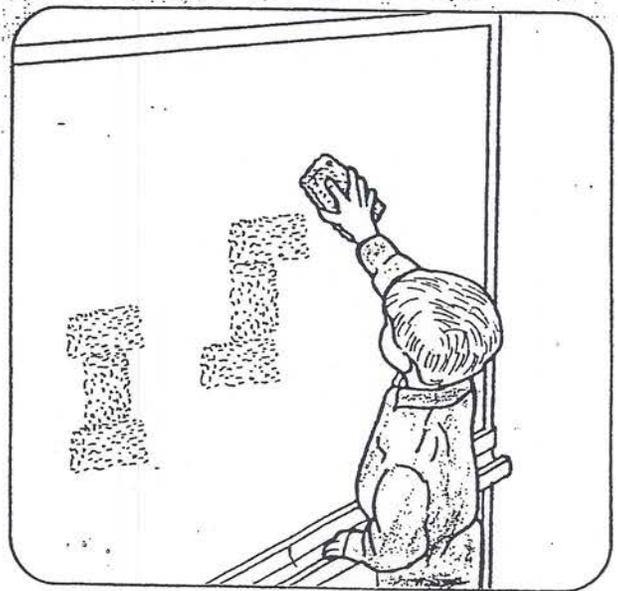
Level: Easy

## Purpose:

- Sense of touch

## Materials:

- Blackboard
- Sponges - different shapes, textures, densities, and thicknesses
- Bucket of water



## Directions:

Have the student pick up and wring out the sponge with both hands, then press it against the blackboard to leave a print. The student can be given freedom to create designs, or you can have him copy a design you make.

## Tips:

1. Thicker density sponges provide increased resistance for squeezing.
2. Letter sponges can be used for spelling.

## Cutting the Dough

## Activity 14

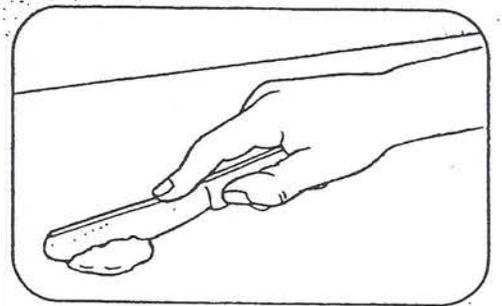
Level: Medium

### Purpose:

- Arches of the hand

### Materials:

- Play dough
- Plastic knives or pizza wheel



### Directions:

Make play dough pancakes. Cut the pancakes with a plastic knife or pizza wheel with your pointer finger along the top of the knife (see picture).

Try to cut 10 different shapes.

### Tips:

Make sure the knife is being held with a diagonal volar grasp.

# Cotton Balls & Clothespins

## Activity 13

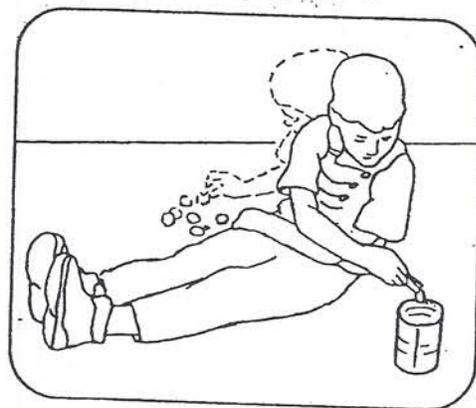
Level: Easy

### Purpose:

- Separation of the two sides of the hand
- Pincer grasp
- Opposition and open web space

### Materials:

- Clothespins, spring-loaded
- Cotton balls, small bits of sponge or small beanbags
- Wide mouth container



### Directions:

Sitting with long legs, put containers on the floor on one side of your body and the cotton balls, sponges or bean bags on the other side. Use a clothespin to pick up a cotton ball and place it in a container on the other side of your body.

### Tips:

1. Be sure the student uses thumb and first two fingers to squeeze the clothespin.
2. Make sure the student is turning the upper body without moving the lower body, not just leaning to the side, to make sure they are crossing the midline.
3. Increase or decrease difficulty by varying the placement of the containers.

# Coin & Water Drops

# Activity 12

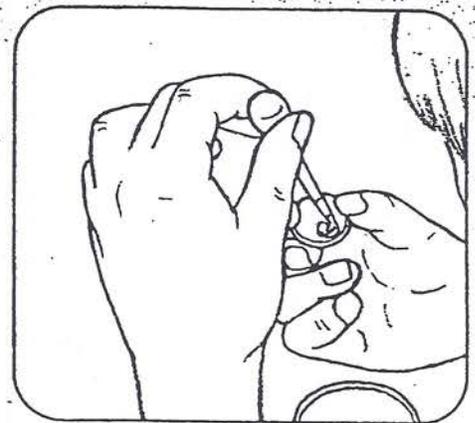
## Purpose:

- Separation of the two sides of the hand
- Pincer grasp
- Arches of the hand
- Sense of touch

Level: Easy

## Materials:

- Coins - quarters, nickels, or pennies
- Eye dropper
- Water
- Paper towel



## Directions:

How many drops of water will a coin hold before the water runs over the edge?

1. Place a paper towel on the table.
2. Fill an eye dropper with water.
3. Hold the coin with the fingertips of your other hand.
4. Add drops of water, one at a time. Keep count of the drops until the water goes off the coin.

## Tips:

1. To decrease difficulty, place coin on the table.
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. 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 with the last two fingers.

# Buttons in the Bank

## Activity 7

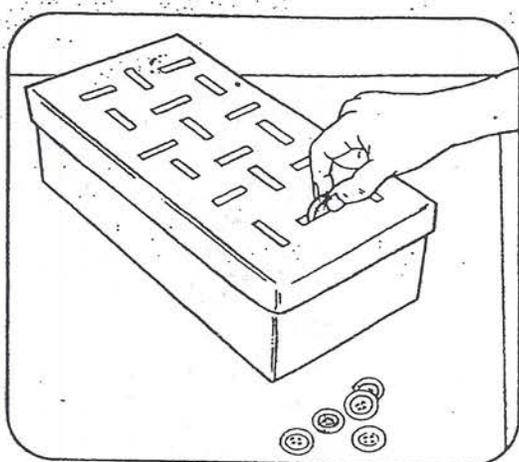
Level: Easy

### Purpose:

- Pincer grasp
- Opposition and open web space
- Wrist rotation (if slits in lid alternate vertical and horizontal orientation)

### Materials:

- Buttons
- Shoebox, with vertical and horizontal slits slightly larger than button cut into the lid.



### Directions:

Push a button through the slit in the cardboard, holding the button with thumb and tip of first finger, as if you were putting the button in a bank. See how many you can push through in two minutes. Try it again, and see if you can get more through.

### 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 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 with smaller buttons.
4. Stand shoebox on end for wrist extension.
5. Using larger buttons with tight holes will encourage shift.

# Beans & Tweezers

## Activity 5

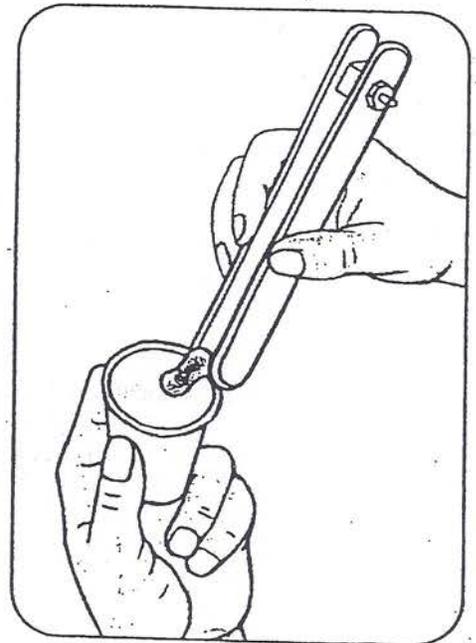
### Purpose:

- Separation of the two sides of the hand

Level: Medium

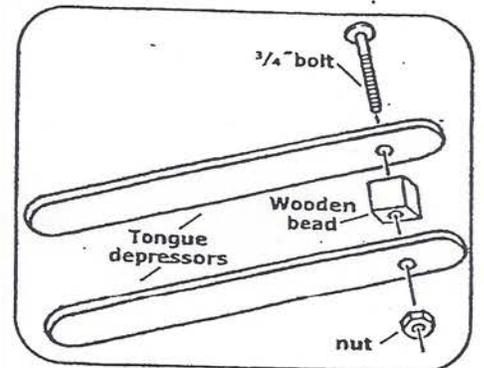
### Materials:

- Beans - 20 to 25 dried kidney beans
- Tweezers or toaster tongs
- Small plastic cups
- Clock, timer (optional)



### Directions:

The tweezers are held with the thumb and first two fingers of one hand. Hold the cup with the thumb, index and middle fingers of the other hand. From a pile of beans, pick up one bean at a time with the tweezers, and drop it into the cup.



### Tips:

1. Increase difficulty by seeing how many beans you can get in the cup in 5 minutes!
2. Increase difficulty by using smaller tweezers and smaller beans.

### To Make Tweezers:

Drill a small hole 1" down and centered in two tongue depressors. Place a 1/2" wooden bead between the two depressors. Use a nut and 3/4" bolt to attach.

# 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.