

Handies Activity Sheet

Child's name:

Using two hands

These activities have been put together to improve bilateral hand skills. They should help with skills that require the use of two hands such as dressing, tying shoelaces or using a knife and fork.

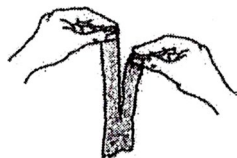
These activities can be carried out in any order and should ideally be practiced about three times a week for 10 to 15 minutes.

Equipment needed

- Putty
- Paper
- Knife and fork
- Backboard / whiteboard / easel

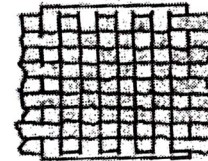
Grasp

Tear strips of paper with both hands, using thumb, index and middle finger to hold the paper.



Paper weaving

1. Fold a piece of paper in half.
2. Cut strips in the paper but not all the way to the edge.
3. Using the paper that you have just torn into strips, weave them between the strips of the folded paper to make a mat.



Mirroring

Sit opposite a partner and mirror a pattern of alternate hand movements. Increase to more complicated patterns, including patting partner's palms and crossing the body.

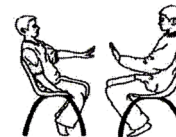


Figure of 8s

Stand facing the centre of black / white board; draw a large horizontal figure of 8 using only one hand. Trace shapes on a blackboard. Use both hands. The emphasis is on simultaneous movements.

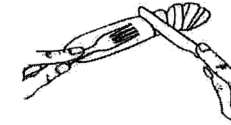


Helping around the house

Helping with the housework - using a dustpan and brush, sweeping or mopping the floor, washing up or drying up, etc.

Cutting

Roll a piece of putty into a thick sausage and then cut with a knife and fork using correct technique. This can be demonstrated by an adult using the 'hand over hand technique' if necessary (where the adult stands behind the child and places their hands over the child's hands demonstrating the movement).



Paper Folding

Take a square piece of paper. Fold horizontally in half; open out then fold in half vertically. Open out and make a dot in the centre where the creases join.

Fold the corners to the centre to make a smaller square. Turn the square over and do the same again to make the square smaller again.

Fold in half horizontally then open out and fold in half vertically. Whilst still folded in half put thumb and index finger of each hand into each of the four flaps and open up and out to make a point.