FUNCTIONAL ARM AND HAND ACTIVITIES

Goal: Students will use their hands for activities that will enhance their participation at school, home and in the community.

SKILL/IEP Objective	ACTIVITY/IEP Strategies	PARTICIPATION	
A. Reach	//	**Learning**	**Independent.**
Reach with 2 hands	Push onto forearms or hands on floor Push from sit to stand Push from floor to kneeling position Move around on floor Hold or lift large objects: recycling box, laundry basket, grocery bags, storage boxes, box of chalk brushes to be cleaned Open or close drawer Push door open Stabilize both hands on edge of tray in wheelchair and walker Hold emergency kit on wheelchair tray Help move from lying to sitting on change table Push walker Push chair up to table Push & pull pants down & up at toilet Push wheelbarrow for garden routine		
Forward Reach with preferred hand	Grasp objects from Calendar Box Choose object Hang up coat Erase blackboard Wipe table after eating Press switch Grasp picture cues before changing activities Remove pictures before changing activities Help open lock on locker Place arm in sleeve of coat Hold clothes, damp cloth, powder ready for the assistant to take when changing Point to pictures on communication board Open locker Place objects in basket on walker Remove objects from basket on walker Hand back notebooks to peers Place library books on shelf or check-in table Push shoe or sock off (if partially removed already) Open or close doors (car, fridge, classroom, locker) Hold pool toy Push pants down past knees to use toilet Flush toilet		

Crossing the Midline	Reach with right hand to pull coat sleeve off left hand Brush left side of hair with hairbrush Brush left side of mouth with toothbrush		
Reach Above Shoulder	Pull pullover top over head Empty recycle bin Get materials from high shelf Take paper tower from dispenser Greet people with "Hi 5" Place both hands behind head on change table Feed turtle or fish in classroom		
Reach with Forearm Accommodation	Grasp cup Turn door knob		
B. Grasp	// // //////////////////	/////// /////// ////	////////// ////////// ////
Cylindrical Grasp	Cup and spoon Paintbrush Handrail Bingo Dauber Recycling Bin Stamp Carry bag (swimsuit & towel, lunch) Hold toothbrush while assistant puts toothpaste on it. Gluestick Press lever type of doorhandle to open door Swim toy in pool		
Spherical Grasp	Squeeze water out of sponge Doorknob Turn tap on or off Throw a small ball Popcorn bag to popper Snack from fridge to table Washcloth Toilet paper Laundry to washing machine Recycle items		
3 Finger Chuck Grasp	Stamp Short paint brush		

Lateral Pinch	Hold flat foods like cookies and crackers Pass paper to someone Pull zipper up or down Tear paper for art or social project Turn key in lock Hold paper napkins when setting table Carry attendance folder or sheets Carry picture symbols or communication board Put right thumb in large ring on zipper pulltab and pull downwards Microwave popcorn package to microwave Place tangible symbols in finished container		
Fine Pinch	Turn light switch on or off Pull apart velcro fastener Pick up small items: food, coins, dice Turn pages in book		
C. Release	//	//////////////////	////////////////////////
Release onto Surface	Transfer to other hand Release object to another person 's hand with help Set object onto tray, table Set cup onto table Place objects into "Finished" box Place toothbrush in assistant's hand Set switch onto mounting surface Place pictures into folder/case/box Give cooking tool or ingredient to another student to use. Hand clean diaper to assistant Hand out art materials onto student's desks		
Release into Space	Drop paper into recycling box Drop garbage into can Drop lunch containers into lunch bag Drop recycled bottles into plastic bag Drop washroom garbage into can Drop utensils and plastic dishes into sink Place tangible symbols in finished container Place playground equipment in bin after recess		
D. Manipulation	//	//////////////////	////////////////////////

Parallel: both hands do the same thing	Use rolling pin to roll out cookie dough Use stick to push ball or balloon away Push wheelchair Push utility cart to deliver books to library Push door open Push self on scooter board Ready position on edge of tray		
Cooperative: one hand holds while the other manipulates object	One hand feels coat hook, other hand puts coat onto hook One hand rests on side of locker, other hand puts coat onto hook Hold jar with one hand, twist lid off with other hand Hold box with one hand, lift lid with other hand Hold cup, pour juice into it with other hand Hold paper, stamp with other hand Hold bottom or top of coat, pull zipper up or down Left hand rests on tray, right hand pulls open lock Left hand holds calendar, stamp with right hand Left hand holds bottom or top of coat, right hand pulls zipper up or down		
Alternating: hands take turns performing an action	Clap or drum to music Pull self on scooter board Stir with right hand, then switch to left when that hand gets tired		
Using tools	Feed self with spoon (large handle, neoprene strap Brush teeth with toothbrush, electric toothbrush Brush hair Spread glue or paint with small roller Stamp with name, date or symbol stamp (with long handle) Press with sponge to make stenciled pictures Paint with brush Spread glue with stick (in elastic holder) Stir with spoon Chop with food chopper		