

Functional Arm And Hand Activities For Students Who Use A Wheelchair

We often forget that students with the most complex physical needs can assist in functional daily living skills even if they are confined to a wheelchair. Some 'jobs' or 'participatory activities' could include (but are not limited to):



Classroom Activities

- Erasing the board
- Pushing furniture
- Carrying books
- Wiping down desks
- Stapling or hole punching their own or other students' materials
- Tearing up paper for paper mache project
- Collecting papers, information or materials from other students
- Turning lights on/off
- Opening doors/ lockers/ desks etc.

Home Activities

- Cleaning:
 - Wiping the wheelchair tray, desk or table
 - Holding the duster and reaching to dust
 - Tidying book shelves: lifting and holding books and magazines
 - Assisting to wash dishes, i.e. passing, carrying or washing dishes
 - Assisting with laundry, e.g. helping to sort clothes, putting clothes into the washing machine and dryer, helping to wring out wet clothes
 - Helping to make the bed

- Cooking:
 - Stirring food in a bowl
 - Kneading bread dough
 - Making playdoh
 - Rolling out cookie dough, etc.
 - Using salad tongs to put food in containers
 - Basting foods
 - Icing cakes, etc.

Self-Care

- Dressing:
 - ⊖ Dressing and undressing, including outerwear and socks
 - Pulling Velcro
 - Pulling jacket or pant zipper up or down
- Bathing:
 - Holding onto the face cloth to wipe face
 - Helping to squeeze the toothpaste from the tube
 - Holding onto the toothbrush when doing teeth
 - Assisting in turning the taps on and off
 - Reaching for and hanging up towels

Leisure

- Games:
 - Pushing balls on/off wheelchair, tossing balls, etc
 - Tug of war activities
 - Board games
 - Badminton, tennis (adapted)
- Art Activities:
 - Sponge painting
 - Clay molding
 - Painting at an easel
 - ⊖ Building things with popsicle sticks
 - Using a Paint n' Swirl