

## HAND UNDER HAND ACTIVITIES

With Hand under hand activities, the helper assists the student by...

- providing support to the student by guiding his/her hand from below,
- the palm of the student's hand rests on the back of the hand of the helper,
- with the helper gently guiding the student's hand to the directed activity.



This student is having her hand guided to rest on the Occupational Therapist's arm. The student will be encouraged to use her hand to guide the therapist's arm (holding the cup) to her mouth.

Some students are resistant to hand over hand assistance. This is a less intrusive strategy, which allows the student to partially participate in the activity.

### REMEMBER TO TAKE THE FOLLOWING INTO CONSIDERATION:

**RESISTANCE** – A student resists movement or pulls away during a movement sequence. Sometimes a student will do this as a way to indicate, “finished”.

**ALLOWING THE MOVEMENT** – A student relaxes and goes with the flow of the movement you are directing. Most students are doing this some of the time. It may be his/her way of asking to continue with an activity.

**ASSISTED MOVEMENT** –Your student helps you to move her/his hand or arm, most likely in a familiar activity. Your student's participation may very gradually increase over time.

Some samples of hand under hand activities are:

- using hand tools in woods
- using the electric pencil sharpener
- pulling the cord on the vibrating toy
- colouring, cutting etc for crafts or art class. Try to use materials for craft/art projects that have lots of variety in texture (e.g. foam, pot scrubbers, pieces of sponge both natural and man made, different fabrics, egg cartons, wallpaper samples)