

ACTIVITIES TO ENCOURAGE THE USE OF TWO HANDS

It is sometimes difficult for us to think of ideas to encourage our students to be aware that they have two hands and to use both hands. Sometimes a student is unable to move and/or use their hands independently (without assistance). However, for those students who can, we need to encourage them to develop an interest in, and reason for, using their hands. The following are some suggestions to assist with this...

Wear a bright colored or noisy piece of jewelry (e.g., watch or I.D. bracelet on the hand your student will be using most and **bring attention to it.**)

		
Wearing shiny gloves to draw attention to her hands.	Using both hands to hang onto a cylinder shaped tool or toy.	Using two hands for drinking.

Raise both arms to get large, light objects, or to remove clothing (e.g. coat)



Adapted Board Games Requiring Turn-Taking: Use a variety of coloured cones instead of small board pieces. Your student must place both hands around the cone when moving it.

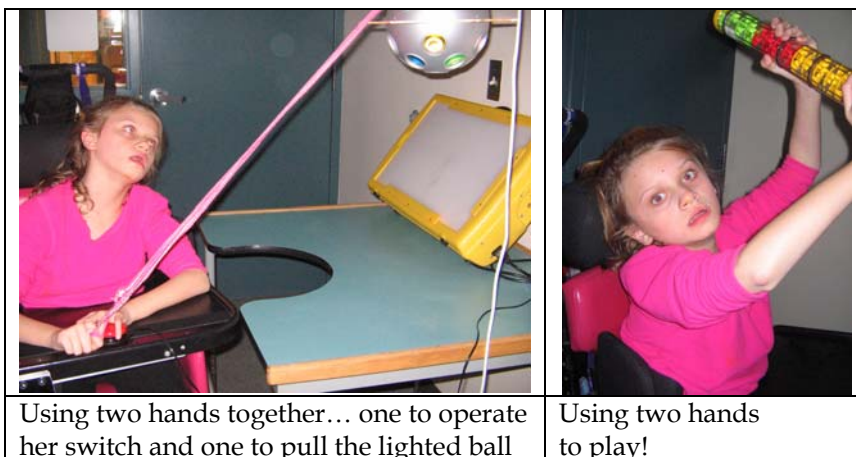
Rolling Out Cookie Dough For Baking/Clay For A Model. The use of a rolling pin will encourage bilateral hand usage. You may need to attach a strap to the handle of the object, to assist in maintaining grasp. Cookie cutters can be adapted by adding handles. These can be cones or pieces of dowel.

Hand print collage. Must have prints of both left and right hands.

Stenciling. The stencil is positioned and attached firmly to the paper to prevent slipping. Encourage bilateral hand use with a cone shaped sponge applicator.

Use large handles such as cones, large felts, cylinders and balls.

	
Holding down the paper with one hand, while the other hand uses the felt or any other tool.	Using both hands on the bike handle bars.



A balloon filled with rice granules could be suspended from the ceiling. Encourage your student to take turns with a peer hitting it with a cardboard tube or a soft bat using two hands.

Tearing pieces of paper to make a collage or paper maché project

Holding the bowl, while using the other hand to mix the batter

Holding the paper with one hand while painting or 'sponging' with the other



Using both hands to hold onto a hockey stick, hoola hoop (for movement), holding the ball etc.

REMEMBER:

- To verbally 'talk' your student through the activity and verbally encourage your student's participation

Use prompts (verbal, gestural and physical) as needed.