

	<ul style="list-style-type: none"> • Brush left side of hair with hairbrush • Brush left side of mouth with toothbrush 	—	—
Reach Above Shoulder	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Grasp cup • Turn door knob 	—	—
B. Grasp		Learning	Independent
Cylindrical Grasp	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Stamp • Short paint brush 	—	—
Lateral Pinch	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Turn light switch on or off • Pull apart velcro fastener • Pick up small items: food, coins, dice • Turn pages in book 	—	—
C. Release		Learning	Independent
Release onto Surface	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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		Learning	Independent
Parallel: both hands do the same thing	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 	— — — — — — — — — —	— — — — — — — — — —