

## USING TWO HANDS TOGETHER



Child's Name: \_\_\_\_\_

**These activities have been put together to improve bilateral hand skills. They should help with skills that require the use of two hands such as dressing, tying shoelaces or using a knife and fork.**

**These activities can be carried out in any order and should ideally be practised about 3 times a week for 10 – 15 minutes.**

# 1

## Craft Activities



There are many craft activities that encourage children to use both hands together and are fun and motivating. Try some of the following:

- Paper folding - make paper chains or origami
- Paper tearing – to use for collage or paper maché
- Paper weaving
- Threading – making jewellery from beads/ pasta/ snipped straws
- Sewing cards
- Cutting and sticking activities – for further information regarding scissor skills please see the reference sheet on our website. <http://www.buckshealthcare.nhs.uk/childrenandyoungpeoplesot>
- Pencil activities – stencils, rubbings, tracing – try these on a vertical surface
- Sticker books
- Using sellotape/ masking tape



# 2

## Musical Activities



Encourage children to use both hands in musical activities such as:

- Action songs such as “Head, shoulders, knees and toes”, “Incy Wincy Spider”, “The Hokey Cokey” and “Wheels on the Bus”.
- Clapping – singing songs that involve clapping e.g. “Pat-a-cake” and “Wind the bobbin up” or “High/low” and “Sailor went to sea”. You could also try copying a partner’s rhythm patterns. 
- Musical instruments – drumming maracas, tambourine. Try copying a partner’s rhythm patterns.

# HANDIES ACTIVITY SHEETS

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### 3 Toys and Games



Encourage children to play with toys and games that require the use of both hands:

- Constructions toys – Lego, Duplo, Stickle bricks, Popoids, Meccano
- Card games
- Wind-up toys
- Rubix cube
- Twister
- Zoom Ball
- Ball games using large balls



### 4 Home Activities



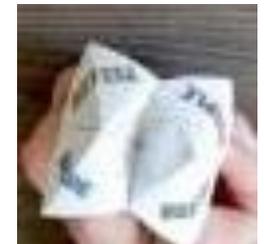
There are lots of everyday activities around that children can do at home which encourage them to use both hands together, such as:

- Cooking – kneading dough, stirring thick mixture whilst holding the bowl, rubbing margarine into flour, using a rolling pin, spreading butter on toast or spreading icing on biscuits.
- Gardening – planting, digging, using a hosepipe or watering can with two hands.
- Bath time water play – wringing out sponges with two hands, squeezing water from bottles with two hands, pouring water from one container to another.
- Household chores – hanging up washing, drying dishes, folding laundry, stacking chairs, using a dust pan and brush, tidying toys.



### 5 Fortune Tellers

Take a square piece of paper. Fold all the corners in to meet each other in the centre. Then turn the page over and fold the corners into the centre again. There should be 8 triangles visible. Lift up each triangular flap and write a secret/clue/instruction underneath. Then label the outside of the flap with the numbers 1-8. Turn the paper over and lift out the four flaps visible. Place your two thumbs and index fingers under the four flaps. Move them apart and together in both directions according to the number rolled on the dice. Open the number visible and read out the 'message'.



## HAND SKILLS



Child's Name: \_\_\_\_\_

**These activities have been put together to improve hand strength and finger dexterity, thereby helping handwriting and other fine motor skills.**

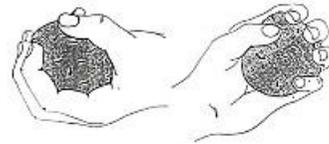
**The activities can be done in any order. In order for hand strengthening activities to be effective they must be completed a minimum of three times a week for at least 15 minutes.**

### Theraputty Activities

Theraputty is resistive putty that works on strengthening the small muscles of the hands and fingers. Theraputty is available online. Most children should start with red putty. If this is too hard, use plasticine or play dough.

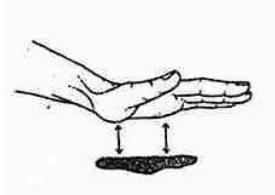
#### **1** Grasp

Squeeze a ball of putty 10-20 times with each hand making sure that all fingers are included.



#### **2** Wrist Extension

Squeeze a ball of putty 10-20 times with each hand making sure that all fingers are included.



#### **3** Extension

Roll out a ball of putty into a sausage using the whole hand. Use one hand at a time, then 2 hands together on the table and then try rolling the sausage between 2 hands up in the air.



#### **4** Finger Extension

Use a straightened finger to press into the putty to make holes in it. Repeat with each finger.



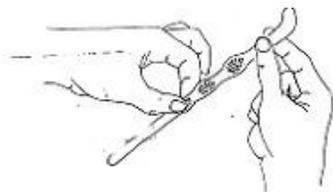
## HAND SKILLS



Child's Name: \_\_\_\_\_

### 5 Opposition

Hold putty sausage with one hand. Use the other hand to pinch the sausage between the thumb & index and thumb & middle fingers alternately. Repeat with other hand.



### 6 Tripod Pinch

Place putty sausage flat on the table and pinch the putty into small peaks using the thumb against the index and middle fingers.



### 7 Manipulation

With the child's forearm resting on the table, take small pieces of putty and roll them into balls using only the tips of the fingers and thumb. Repeat with the other hand.



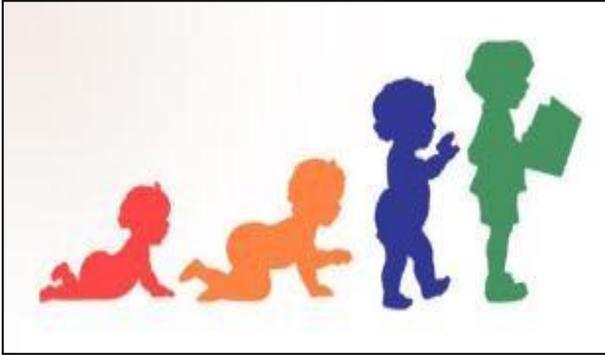
### 8 Other Games and Activities

Many games and activities require precise movement of the fingers and hands and are motivating for children.

- Hide small beads/marbles/coins (pocket money is generally motivating!) in the putty and get the child to find and remove them.
- Paper football - Tear up piece of scrap paper, scrunch it up into a ball using fingertips and using the thumb and index finger flick the ball towards a goal.
- Play games with tweezers e.g. sorting small objects, "Operation", "Feed the Dog", "Jolly Octopus."
- Playing with water using pipettes or spray water bottles. Try adding some food colouring or paint and painting pictures using these too!
- Sticker books
- Games such as pick up sticks, "Ker Plunk", "Frustration", "Connect 4", card games



## HAND SKILLS



Child's Name: \_\_\_\_\_

**These activities have been put together to practise and improve letter formation skills, thereby helping handwriting skills.**

**Please ensure letters in these activities are consistently formed as per the child's school writing programme. All activities can also be used to practise number formation.**

**A varied combination of these activities should ideally be carried out about 3 times a week for about 10 – 15 minutes.**

### 1

#### Multi-sensory letters



Make and draw letters using lots of senses. The more senses used to learn a letter, the better chance the child has of grasping the physical pattern to make the letter. Always ask the child to write the letter afterwards.

- Try making letters out of pipe cleaners, wikki sticks, sandpaper, playdough, painted string, spaghetti.
- Try drawing letters in cornflour, sand, lentils, shaving foam, paint & glitter.



### 2

#### Variety of Surfaces and Tools



Give the child opportunities to form letters using various mediums and on various surfaces. This helps reinforce letter patterns and keeps letter formation motivating.

- Try using pens, pencils, pastels, paint, crayons, chalk, scented pens, sparkly pens, finger paints, glitter glue, light up pens, vibrating pens.
- Try writing on whiteboards, chalk boards, Magnadoodle & large paper on the wall/ floor.
- Writing on paper with sandpaper /other textures underneath can also give increased sensory feedback.

### 3

#### Letters in the air



Write letters in the air using a rolled up magazine or newspaper as a writing wand. Write each letter three times verbalising the direction and sequence of the strokes (i.e. up, down and around) and saying the name and sound of the letter.

### 4

#### Rainbow Letters



Use a variety of colours to draw over and over a particular letter to make a rainbow letter. An adult may need to draw the letter first so that the child traces over it accurately.

Preferably do this activity when standing with the paper / chalkboard secured vertically at shoulder height.

## HAND SKILLS



Child's Name: \_\_\_\_\_

### 4 Magnetic Letter Fishing

Child to 'catch' a letter with a magnet tied to a piece of string, identify the letter and then write it onto paper using the correct formation. If you do not have magnetic letters, write each letter onto small squares of card and attach a paper clip to each letter.



### 5 Wet, Dry, Try



Based on the "Handwriting without Tears" concept devised by an American OT.

Adult draws a letter on a chalkboard.

**WET** - Ask the child to clean the letter off the chalkboard using a "wet" sponge, following the correct letter formation.

**DRY** - Then ask the child to use a "dry" sponge to dry over the letter, following the correct letter formation.

**TRY** - Then ask the child to "try" using a small piece of chalk, to trace over the letter on the chalkboard.

This is also available as an iPad app. If using this encourage the child to alternate between using a stylus and their finger.

### 6 Car Track Letters



Make large letters out of paper and make them look like roads. Get the child to "drive" cars along the road, around the letter following the correct letter formation.

### 7 Water Letters

Get the child to form letters on the pavement or playground using water and a paintbrush, hosepipe or spray bottle.



### 8 Ready, Steady...Write!

For further information about handwriting skill development and additional activity ideas to support this, please refer to the "Ready, Steady...Write!" programme available on our website.

<http://www.buckshealthcare.nhs.uk/childrenandyoungpeoplesot>