

Personal exercise program

Bimanual tasks

Coventry & Warwickshire NHS PT

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Childrens Physio, Paybody Unit, Stoney Stanton Road, CV1 4FH,
Coventry, United Kingdom

Provided for

Training start date 8/5/2024



Find the Word

Find words hidden in a newspaper or page of a book.

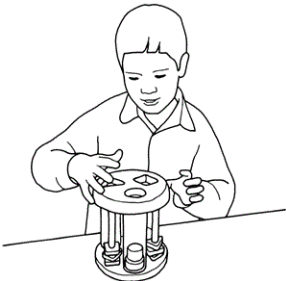
For example find the word 'is'.

Remember to scan the page from left to right.

Larger font will be easier to scan, as will fewer words on a page.

You could also attempt to find punctuation marks or letter strings e.g. 'ai'.

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Shape Sorters

Play together with a shape sorter toy.

You may need someone to help you find the correct hole.

Use language such as 'the same' or 'different'.

Name the shapes as you post them.

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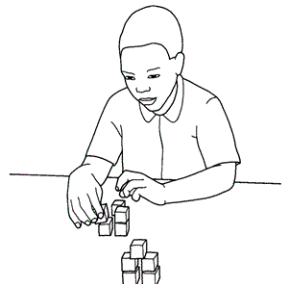
Sand and Water Play

Fill different shaped containers with liquid, sand or uncooked macaroni.

Pour from one container to another, stopping when the container is full.

Guess which container holds more.

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Block Designs

Try and copy simple block designs.

Talk about the position of the blocks in relation to each other e.g. 'on top of',

'next to', 'below'. If you are finding it difficult to copy the block design, watch

someone build it, then imitate them.

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Yo-yo

Play with yo-yo's: winding, spinning, making patterns.



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Collage

Glue cotton wool balls, crepe paper, tin foil and glitter onto paper to make a collage.



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Screwing Nuts and Bolts

Screw nuts onto bolts.

A helper may need to put their hand over the child's hand to begin with. This will help the child to grasp a 'feel' for the movements.



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Matching Four Shapes

You will need: A board with basic shapes drawn on it. A matching set of cardboard shapes.

Match the cardboard shapes to those on the board.

Can you name the shape?

Gradually add more shapes to the board as your skill improves.



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Egg Boxes

Grip a small item against the palm of your hand using your 4th and 5th finger. Whilst maintaining this grip, use your other fingers to sort small objects into egg box cups according to their shape or colour.

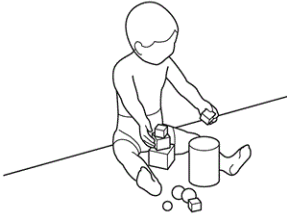
Use coloured counters, paper clips, nuts and bolts or pegs.

How long does it take you to sort 20 items?



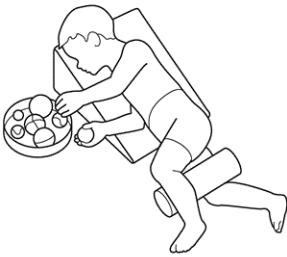
Encourage the child to practice grasping and releasing by providing balls and blocks of different sizes, texture and weight.

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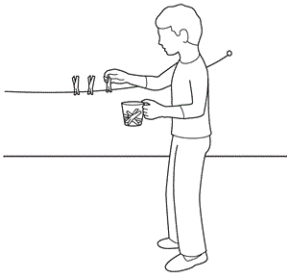
Encourage the child to practice grasping and releasing by providing balls and blocks of different sizes, texture and weight. Drop balls into a container for sound and to develop precision of release.

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Encourage the child to practice grasping and releasing by providing balls of different textures and weights.

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The child holds a container with pegs in one hand and with the other hand place the pegs on a line.

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