

6 Week Program of Activities to Cover Bilateral Co-ordination, Sensory & Hand and Finger Muscle Bases

Name:

<p>Activities Wk 1</p> <p>Week Beginning Date:</p>	<p>Bilateral Coordination Base</p> <p>Crossing the Mid-line</p> <p>Lazy 8</p>	<p>Bilateral Coordination Base</p> <p>Body Awareness & Direction</p> <p>Simon Says</p>	<p>Bilateral Coordination Base</p> <p>Coordination & Ball Skills</p> <p>Keep it in the</p>	<p>Sensory Perception Base</p> <p>Tactile Perception</p> <p>Feely Bag Game</p>	<p>Sensory Perception Base</p> <p>Tactile Perception</p> <p>Imprints</p>	<p>Hand & Finger Muscle Base</p> <p>Hand Strength</p> <p>Clothes Pegs/ Bulldog Clips</p>
Completed						
<p>Activities Wk 2</p> <p>Week Beginning Date:</p>	<p>Bilateral Coordination Base</p> <p>Body Awareness & Direction</p> <p>Model Village</p>	<p>Bilateral Coordination Base</p> <p>Coordination & Ball Skills</p> <p>Bubble/ Flash Light Tag</p>	<p>Sensory Perception Base</p> <p>Tactile Defensive</p> <p>Messy Play</p>	<p>Hand & Finger Muscle Base</p> <p>Individual Fingers</p> <p>Finger Football</p>	<p>Hand & Finger Muscle Base</p> <p>In-hand Manipulation</p> <p>Posting Frenzy</p>	<p>Hand & Finger Muscle Base</p> <p>Arch of Hands & Grip Release</p> <p>Model Making</p>
Completed						
<p>Activities Wk 3</p> <p>Week Beginning Date:</p>	<p>Posture Base</p> <p>Balance & Coordination</p> <p>Cross Crawling</p>	<p>Bilateral Coordination Base</p> <p>Crossing the Mid-line</p> <p>Cross Pass Ball</p>	<p>Sensory Perception Base</p> <p>Tactile Perception</p> <p>Imprints</p>	<p>Sensory Perception Base</p> <p>Tactile Perception</p> <p>Grocery Hunt</p>	<p>Hand & Finger Muscle Base</p> <p>Hand Strength</p> <p>Clothes Pegs/ Bulldog Clips</p>	<p>Hand & Finger Muscle Base</p> <p>In-hand manipulation</p> <p>Egg Box Share</p>
Completed						

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Name:

<p>Activities Wk 4 Week Beginning Date:</p>	<p>Posture Base Balance & Coordination Marching</p>	<p>Bilateral Coordination Base Coordination & Ball Skills Goal Post Skittles</p>	<p>Sensory Perception Base Tactile Perception Feely Bag Game</p>	<p>Sensory Perception Base Tactile Defensive Messy Play</p>	<p>Hand & Finger Muscle Base Individual Fingers Finger Escape</p>	<p>Hand & Finger Muscle Base In-hand Manipulation Egg Box Share</p>
<p>Completed</p>						
<p>Activities Wk 5 Week Beginning Date:</p>	<p>Posture Base Balance & Coordination Step-Ups</p>	<p>Bilateral Coordination Base Crossing the Mid-line Messy Mid-line Play</p>	<p>Sensory Perception Base Tactile Defensive Cooking</p>	<p>Hand & Finger Muscle Base Hand Strength Squirter Activities</p>	<p>Hand & Finger Muscle Base In Hand Manipulation Pinch Pots</p>	<p>Hand & Finger Muscle Base Arch of Hand and Grip Release Grab & Drop</p>
<p>Completed</p>						
<p>Activities Wk 6 Week Beginning Date:</p>	<p>Bilateral Coordination Base Body Awareness & Direction Journey Sticks</p>	<p>Bilateral Coordination Base Coordination & Ball Skills Goal Post Skittles</p>	<p>Sensory Perception Base Tactile Defensive Buried Treasure</p>	<p>Hand & Finger Muscle Base Individual Fingers Finger Escape</p>	<p>Hand & Finger Muscle Base Hand Strength Hole/Thumb Punch</p>	<p>Hand & Finger Muscle Base Arch of Hands & Grip Release Wheel Barrows</p>
<p>Completed</p>						

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Start off slow and easy, as skills develop you can add the more challenging elements of the activities. You may find that your child cannot manage some of the activities yet. Don't Worry! Make a note of them for future reference and replace the activities with others and come back to them at a later date when your child's strength and skill levels make them more appropriate.

Remember this is only a suggested plan of approach to give you a starting point. You can change it to best suit you and your child's needs.

After 6 weeks try the assessment activities again. Are there any improvements? The results may help you to focus on particular areas in the next set of activities.

When doing modelling activities try to focus your child on using specific techniques, such as rolling with the palm of the hands, kneading, pinching and rolling between fingers, squeezing, stretching and cutting.

Remember there are different levels of difficulty and challenge in many of the activities so they can be used again and again to build up skill and strength levels.

This is a developmental approach and will take time but should be FUN!