

Naturally-Occurring Two-Handed Activities Within the Home

(Choose and Vary Any Age Appropriate and High Interest Activities)

"Practice of functional activity is the most important motor learning variable" (Schmidt & Wrisberg, 2000)

- Carry heavy items (baskets with cardboard blocks, groceries for Mom, etc.).
- Push or pull boxes with toys or a few books in it (more resistance is provided if boxes are pushed/pulled across a carpeted floor).
- Fill a pillowcase with a few stuffed animals in it for weight. Child can then push or pull the pillowcase up a ramp, incline or stairs.
- Take the cushions off sofas, vacuum under them, then put them back.
- Pull other children around on a sheet or blanket.
- Pull a heavy trash can.
- Perform household chores, such as:
 - Vacuuming,
 - Sweeping,
 - Mopping,
 - Dusting,
 - Carrying the laundry basket,
 - Folding clothes,
 - Carrying buckets of water to clean with or to water flowers/plants/trees,
 - Cleaning windows or the fronts of appliances, using a spray bottle,
 - Helping change the sheets on the bed.
- Perform yard work, such as:
 - Mowing the lawn,
 - Raking the grass/leaves
- Pull a friend or heavy items in a wagon.
- Push a friend in a wheelbarrow.
- Carry heavy cushions.
- Have pillow fights.
- Push chairs into the table after a meal.
- Wash the car.
- Fill up a small suitcase with heavy items (such as books) and push/pull the suitcase across the room.
- Go "shopping" with a shopping cart filled with items, and have the child push the shopping cart when you go shopping.
- Rearrange bedroom furniture.
- Put large toys and equipment away.
- Push against a wall.
- On hands and knees, color with large paper on the floor or with sidewalk chalk outside.
- Play "cars" under the kitchen table where the child pushes the car with one hand while creeping and weight bearing on the other hand.
- Make wood projects requiring sanding and hammering.
- Play a pushing game where two people lock hands facing each other and try to see who can push and make the other person step back first. Be sure to have rules (no hitting, no scratching, one person says stop then both stop).
- Open doors for people.
- Play catch with a heavy ball, or bounce and roll a heavy ball.
- Do animal walks (crab walk, bear walk, army crawl).
- Stack chairs.