

Naturally-Occurring Two-Handed Activities Within the School Environment

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

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

- Place chairs on desks at end of day or take down at beginning of day.
- Help rearrange desks in the classroom.
- Help with emptying wastebaskets, etc.
- Fill egg crates (small ones that students can carry) with books to take to other classrooms. Teachers could ask students to move these crates back and forth as needed.
- Help the gym teacher move mats, hang them up, etc.
- Sharpen pencils with a manual sharpener.
- Carry appropriately heavy notebooks to the office or from class to class.
- Carry books with both hands hugging the books to the chest.
- Push the lunch cart or carry a lunch bin to the cafeteria.
- Staple papers onto bulletin boards.
- In the classroom, fasten a large phone book to the bottom of the student's chair with heavy duty tape. The teacher can rearrange the student's schedule so the student has to move to a different location within the classroom (carrying or pushing his/her weighted chair) between certain subjects or activities.
- Have the student move several packs at a time of copy paper from the storage area to the school copy center.
- Push against a wall. For younger students, you can use the idea that "the room feels small this morning. Can everyone help me push the walls out to make the room bigger?"
- Have the student color with large paper on the floor while on hands and knees.
- Play "cars" in the classroom where the students push the cars with one hand while creeping and weight bearing on the other hand.
- Open doors for people.
- Stack chairs.