#### **PLAYDOUGH ACTIVITIES**

 The child will cut the playdough using toy knife at the center of the body using both hands; one hand to hold the playdough and the other to cut with the knife



- The caregiver hides small objects,
  like coins in the playdough
- The child has to use the affected hand to manipulate the playdough to find the coins



#### **WEIGHT BEARING**

- 1. The child will lay down on his stomach
- 2. the child will prop on his elbows just like the picture
- 3. have the child watch TV, read a book or color while maintaining this position

Do this exercise at least once a day

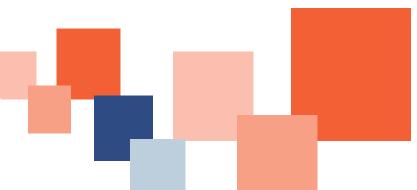




#### Created by:

Fatma Alhasawi Rowaida El-Chami





### **KICKING A BALLOON**

- The caregiver has to hang a balloon from the ceiling
- 2. The child has to lift one foot at a time to kick the balloon;



Grading down:

Leave the balloon on the ground on the floor and then have him kick it.

### **WALKING ON A LINE**

- 1. Caregiver has to tape or draw a line on the floor
- 2. Child has to walk on the line Grading up:

You can make zigzag or spiral lines



## WALK OVER UNEVEN

## **SURFACES**

You can create an obstacle course, and let your child walk on couch cushions, bean bag chairs, etc.

# BOTH HANDS ACTIVITIES

- Catching a ball with both hands
- Hand **clapping** rhymes
- Care giver can use a balloon and have the child to use **both hands** alternatively to keep it off the floor.



## **STAND ON ONE FOOT!**

- Caregiver can make a contest, and the whole family can participate!
- See who can maintain their balance the longest, and he will be rewarded