

## 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*

# HOME PROGRAM



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## KICKING A BALLOON

1. 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