



Fine Motor: 12- Two handed activities

SEaTSS have a dedicated extensive resource page linked to Two handed activities.

Here you will find advice and videos.

<http://redbridgeserc.org/resources/category/using-two-hands>

Activities to Develop Bilateral Integration – younger students

1. Water play in the bath or the sink, including use of plastic containers for pouring water in and out of, squeeze or squirt toys, pumps and sponges.
2. Messy play (e.g. finger painting or shaving cream foam) using two hands together.
3. Washing hands by rubbing two hands together after messy play.
4. Sandpit play – e.g. using 2 hands to fill up bucket with sand.
5. Play dough activities / clay / plasticine – e.g. pulling it apart, pushing objects into it, covering one hand with it so the other hand has to remove it, rolling with two hands together, or small balls rolling in both hands.
6. Threading large beads, buttons cotton reels or macaroni onto laces or straws or pipe cleaners.
7. Simple hand sewing or tapestry / weaving.
8. Construction kits with plastic or wooden nuts and bolts or interlocking pieces.
9. Toys such as fruit halves or poppers that can be pulled apart with two hands.
10. Magnet activities – pulling magnets apart or pieces from magnets.
11. Stacking large cardboard boxes e.g. shoe boxes.
12. Clapping/tapping games with
13. Action songs

Activities to Develop Bilateral Integration – older students

- Musical instruments that can be played using two hands together e.g. guitar, violin, wind instruments, percussion instruments, drums.
- Russian dolls or barrels of graded sizes.
- Wind up toys.
- Fastening clothing, doing up zips, buttons or press studs.
- Opening containers such as jars or plastic containers, which require stabilisation with one hand whilst take the lid off with the other hand.
- Cooking activities – such as using a manual egg whisk or holding a bowl in one hand whilst beating with the other hand.
- Scissor activities such as cutting out shapes or between lines.
- Paper folding – origami / paper planes /tearing long strips of paper / crushing up newspaper.
- Using templates or stencils for drawing round.
- Swimming.
- Origami
- Plaiting hair
- Clay
- Hema beads
- Dominoes
- Boards games

Check out our You Tube channel- <https://www.youtube.com/channel/UCYvQ3ULh0WWJAYVzcV7xZoQ/playlists>

The screenshot shows the YouTube channel page for 'Redbridge Seats' with 59 subscribers. The page is set to the 'PLAYLISTS' tab. On the left, there is a navigation menu with options like Home, Explore, Subscriptions, Library, History, Your videos, Watch later, SEND strategies and..., Show more, SUBSCRIPTIONS (Music, Sport, Gaming, Movies & shows), and MORE FROM YOUTUBE (YouTube Premium, Movies & shows). The main content area displays 'Created playlists' with a grid of 15 playlist thumbnails. Each thumbnail includes a video preview, a title, a 'VIEW FULL PLAYLIST' link, and an update date. The playlists cover topics such as iPads, Speech and Language, Visual impairment, ASC/ ASD/ Autism/Social Communication, Medical needs, Hearing Impairment, Emotional support and Behaviour, Communication and Signing, Physical Disability, Sensory videos, and The Girl Player.



Website:
www.redbridgeserc.org



Email:

You will find a variety of Fine and Gross Motor videos here.

https://www.youtube.com/playlist?list=PL7MVghDNLeJz-IOEzJCxolM8n0v4wi_O

We have a wide range of handwriting and motor skill advice videos on our website www.redbridgeserc.org