

## Touching and moving

# Two-handedness



### Activity: Shredding

You can make shreds by tearing paper, cotton or leaves.

**Theme: Autumn, doing craft work**

### Set-up of the activity

Use different types of paper (i.e., crêpe paper or baking paper) or autumn leaves.

0-2

- Let the client tear apart cotton, thin paper or autumn leaves. Do this using the hand-under-hand method; that way, the client experiences that something is being torn apart.
- Let the client listen to the sound of paper or an autumn leaf tearing.

2-4

- Make a small initial tear and let the client hold the paper or autumn leaf with one hand (the gripping hand) and tear/pull apart with his other hand.
- Encourage the client to tear a piece of paper or a leaf from a tree. Let him first do this with a leaf/paper in which you make a small initial tear and then without an initial tear.

4-6

- Let the client tear increasingly smaller pieces of paper. Use the terms 'big' and 'small' and subsequently ask the client how big the shreds are now.

- When tearing, let the client hold the paper with one hand and make a movement in the opposite direction with his other hand. Only do this if the client is motorically capable of this.
- Let the client state the names of the various materials.
- Let the client glue various pieces of paper. You can also let him make balls of paper.

### Points for observation and focus

- Observe the muscle tension in the hands.
- Observe the gross and fine motor skills of the client. Is he able to make a pincer grip with both hands and then make a movement in the opposite direction?
- Observe whether the client has any aversion to certain materials.

### Can also be used in the categories

- Proprioception (PC)
- Recognising (RC)