

Touching and moving

Two-handedness



Activity: Fastening and unfastening nuts and bolts

For this activity, you can use plastic, wooden or metal nuts and bolts.

Set-up of the activity

2-4

- Let the client explore the objects.
- Take blocks with a short or long rod including a screw thread. Let the client screw the nut onto the rod all the way to the end. You can first place the nut on the screw thread so that the client only needs to screw it all the way down/up.
- Observe whether the client notices that there is a moving component on the bolt. Stimulate this by turning the nut yourself and letting the client feel this.

4-6

- Let the client search for matching nuts and bolts.
- Name the material of which the nuts and bolts are made (wood, metal, plastic).
- Look for a bolt that has a nut attached to it on an existing object and let the client feel what the function of the bolts is.
- Gradually increase the difficulty of the activity by giving the client bolts and nuts of the same size in separate boxes. Later, give the client nuts and bolts of various sizes mixed with each other.
- Let the client put something together or build something using bolts and nuts.

Points for observation and focus

- Observe how the client explores the objects. For example, does he explore the screw thread and does he follow it with his finger or nail? Does he explore the movable components?
- Observe the client's fine motor skills. For example, does the client move both hands simultaneously or does he use one hand to grip the object? Can the client make a good screwing movement with his fingers using smaller nuts?
- Observe which component size is the easiest for the client to screw on and off.
- Check whether the client feels the difference between the components.
- Observe whether the client can systematically figure out which nuts and bolts match.

Alternative materials

- Various bottles/plastic bottles with caps.

Can also be used in the categories

- Proprioception (PC)
- Recognising (RC)