

Touching and perceiving Proprioception



Activity: Pouring drinks

By pouring drinks, the client practices self-reliance.

Set-up of the activity

During imitation and pretend play, the client can practice tilting in dosed amounts (pouring). With older clients, this can also be practiced during daily drinking situations. Use various jugs or bottles and cups.

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- Begin with pouring various substances: from less liquidised (sand, macaroni, yoghurt, custard) to more liquid substances (water, lemonade).
- First let the client pour into a big bowl and gradually into smaller bowls and finally into a cup.
- Let the client pour his own cold drinks into a cup. Begin with a volume equal to the size of the cup. Ensure that the jug is not too heavy or too full and use a jug or plastic teapot with a practical spout.

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- Let the client help fill up a jug of lemonade. Let him feel when the jug is full by its weight and by sticking a finger in the jug along its rim.
- It is also possible to work with liquid level indicators; these begin to peep at a certain level. This is especially recommendable for hot liquids. You can order such indicators, among others, from the web shop worldwidevisio.nl.
- Let the client alternate between pouring drinks with a full jug, a half-full jug or an almost empty jug. This requires adjustment of the muscle tension.

Points for observation and focus

- Observe whether the client searches for the opening of the bowl or cup with his other hand.
- Observe whether the client feels—with his other hand—the result of tilting the jug: does he place his finger under the stream or in the cup?
- Check with which type of cup (size, shape) pouring goes best.
- Observe whether it makes a big difference whether the jug is full or a bit emptier.
- You can also first practice pouring in the sink of the kitchen or at the sand-water table. You can also do this activity outside.

Alternative materials

- Various bowls, bottles, watering cans.
- Water and bath toys.
- Allow for sufficient hand and arm function when practicing with clients in a wheelchair; practice the pouring in a washbasin on the client's lap.

Can also be used in the categories

- Two-handedness (TH)
- Tactile-spatial perception (TSP)