

Touching and moving Two-handedness



Activity: Opening and closing caps and lids

Theme: self-reliance

Set-up of the activity

Collect bottles and jars with various types of lids and caps. You can combine the opening and closing of the bottles/jars with putting something inside and taking it out. Bottles can also be used in the bath: opening them, filling them with water and emptying them.

0-2

- Give the client the time to explore the object. Name the bottle or jar and the cap or lid.
- Hold the bottle together with the client with the cap loosely on top and let the client remove the cap.

2-4

- If the client does not yet know how to open and close a lid or cap, first make the movement together with the client.
- Link the activity to something functional, such as placing the client's favourite candy or cookies in a jar with a screw-on lid. Instead of candy, you can also place a favourite small object in a can or jar; that way, the lid must be opened and closed each time the client takes out or puts back the object.
- Gradually increase the difficulty of opening/closing the objects that you offer the client, starting with the easiest. Large lids with a high profile and/or ribbed profile are easier than small screw-on caps.

- Name the objects and the characteristics, such as glass, plastic, metal, ribbed profile, bottom and bottleneck.

4-6

- Give the client various jars and bottles and the caps and lids. Let the client find the lids/caps that match the jars/bottles.
- If possible, let the client screw on the lids/caps on the matching bottles/jars.

Points for observation and focus

- Check whether the client understands the function of the bottle. For example, is it an object that you can use for filling or pouring water?
- Observe the fine motor skills. Does the client have sufficient muscle strength and coordination?
- Observe the use of two hands. How does the client hold the bottle/jar still? Can he properly grasp the bottle/jar?
- Check which size cap/lid is easiest for the client to handle.

Alternative materials

- Small boxes and jars with hinged lids.

Can also be used in the categories

- Proprioception (PC)
- Tactual language (TL)