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# Motor Activities To Encourage Pre-Braille Skills

## Grasp

### Palmar

* squeezing toys
* squeezing playdough/clay
* taking objects out of containers
* drawing
* picking up jacks
* sanding
* using a cookie cutter
* using a hole puncher
* putting pop beads together

### With thumb and fingers

* stringing beads
* holding paper for cutting
* using crayons/pencil/paintbrush
* using glue sticks for art projects
* pinching playdough/clay
* using pegboards
* building towers with blocks
* picking up jacks
* painting with paintbrush
* turning pages of a book
* picking up small beads/objects with tweezers (may be too visual)
* paper weaving
* putting shapes into a shape sorter
* sorting paper clips, red hots, goldfish crackers
* buttoning, zipping and snapping - on own body

### Pincer

* popping bubble wrap
* picking up small objects
* tying bows
* using pushpins
* sewing cards
* stringing beads
* putting pegs in pegboards
* using geoboards
* putting clothespins on edges of cans or jars
* using an eyedropper
* turning knobs on a wind-up toy
* putting coins through a small slot

### Release

* giving an object on request
* stacking activities - cans, blocks, nesting cups
* sorting activities
* placing objects in containers
* the release that is necessary to complete the activities in the "grasp" section

## Rotary Motion

(takes place from wrist with stable arm)

* assembling nuts and bolts
* using twist ties
* turning volume knobs on radio & TV
* manipulating lids on and off of jars/tubes
* mixing food in bowl
* turning knobs on water fountains or sinks
* using wind-up toys, busy boxes, music boxes
* turning doorknobs
* scooping sand, gravel, dried beans
* finger painting
* finding objects hidden in sand, dried beans
* unwrapping individually wrapped candy
* pouring from one container to another

## Finger Isolation

* making fingerprints in playdough/clay
* pushing buttons on tape recorder
* pushing buttons on blender and other appliances
* playing musical instruments
* turn dial on toy phone
* pushing push-pins into cork
* tracing around stencils with fingertip

## Bilateral Hand Use

(almost all of these activities involve stabilizing with one hand and manipulating with the other hand, which is hard for VI kids)

* stringing beads
* pulling tape off roll
* tearing paper
* twisting lids on and off
* cutting paper
* using a hole puncher
* sanding
* using a ruler to make lines
* holding container with one hand/placing object in with other
* stabilizing toy with one hand/using other to play with toy
* pushing together and pulling apart pop-beads
* finger painting
* rolling "snakes" and "balls" with playdough/clay
* attaching paper clips to paper
* tracing around an object/stencil
* holding paper with one hand and stapling with other
* stabilizing bowl while stirring

## Hand and Finger Strength

* crumpling paper
* placing clothespins on edges of cans or jars
* stretching rubber bands
* manipulating playdough
* squeezing glue bottles
* using stapler held in hand
* using stapler by pushing
* using rolling pin
* using a hole puncher
* hammering
* pushing together and pulling apart pop-beads
* pushing together and pulling apart bristle blocks
* squeezing nerf balls
* sponge painting

## Proper Finger Position

* each finger has a "job" - lead finger, detective fingers
* curve fingers over the edge of pencil or ruler

## Light Touch

* work on whole body relaxation - if your body is tense, your fingers will be unable to touch lightly
* place checkers inside the squares of braille graph paper and have the student move his fingers across them so lightly that he does not move them outside the squares
* place cotton balls beneath the childs fingers and have him move them across the page
* learn to "tickle" the dots

## Tracking

* tracking across lines of yarn, popsicle sticks, etc.
* tracking across pipe cleaners/straws glued to paper
* Mangold Developmental Program of Tactile Perception and Braille Letter Recognition (first eight lessons)
  + tracking from left to right across like symbols which follow closely without a space
  + tracking from left to right across unlike symbols which follow closely without a space
  + tracking from left to right across like symbols which have one or two spaces between them
  + tracking from left to right across unlike symbols which have one or two spaces between them
  + tracking from top to bottom over like symbols with follow closely without a space
  + tracking from top to bottom over unlike symbols which follow closely without a space
  + tracking from top to bottom over like symbols which have one blank space between them
  + tracking from top to bottom over unlike symbols which have one blank space between them