


How To Introduce and Use The FINE MOTOR WORKSHEET

People with Down syndrome may have trouble with fine motor skills. This could include tasks such as tying shoes, grabbing a fork to eat, zipping a jacket, buttoning, lacing, cutting with scissors, or writing with a pencil. If so, they can do exercises to help strengthen their fine motor muscles with the help of an occupational therapist (OT) in order to accomplish everyday tasks that require it. The following activity will demonstrate how some individuals have to work hard to do things that may come easy to others. Each student will need a pencil and a small sock. They will try to write with a sock on their **non-dominant** hand which will show how it might feel to write with less control over the pencil.



WORKSHEET: FINE MOTOR SOCK WRITING

Have each student place a sock on their non-dominant hand and complete the activity on their worksheet. **Discuss** after how they felt, was it frustrating/easy/hard, did their hand get tired, and what they could potentially do to make it easier (meaning, what adaptations, modifications and tools could someone that needs assistance with fine motor activities in real life use to help them be successful)?

****Possible answers:** pencil grips, writing with a bigger pencil/marker, having a scribe, limiting the amount of writing required, bigger areas to write answers in, take breaks while writing to stretch fingers etc.



FINE MOTOR

Sock writing

Place a tight sock on your non-dominant hand. Copy as much of the excerpt from "Goldilocks" as you can onto the lines.

Once upon a time, there was a little girl named Goldilocks. She went for a walk in the forest. Pretty soon, she came upon a house. She knocked and, when no one answered, she walked right in. At the table in the kitchen, there were three bowls of porridge. Goldilocks was hungry. She tasted the porridge from the first bowl. "This porridge is too hot!" she exclaimed. So, she tasted the porridge from the second bowl. "This porridge is too cold," she said. So, she tasted the last bowl of porridge. "Ahhh, this porridge is just right," she said happily and she ate it all up.

Discuss: How did you feel during and after having to write with less of a grip on the pencil?