



WRIST MOBILITY



- **Waving and clapping**
- **Shaking hands**
- **Stirring Activities** - start with large spoon and variety of substances, gradually progress to smaller spoon
- **Spooning Activities** - start with large ladle or spoon and transfer different substances to variety of containers
- **Pouring Activities** - using jug to scoop up sand, water, rice etc. and pour into a variety of containers
- **Screwing/Unscrewing** - jars and containers, and commercial toys e.g. Billy in his Barrel
- **Scrunching up Material** - rest wrist on table and scrunch up a piece of material into hand
- **Brushing hair**
- **Sweeping with a dustpan and brush**
- **Winding cotton onto cotton reel**
- **Dressing/undressing dolls**
- **Toys using screwdriver or spanner**