

Positive Eye

Motor activities checklist to encourage the development of pre – Braille skills

Activity - Grasp	Introduce	Develop	Competent	Mastery	Comment/Note
Palmar					
Squeezing toys					
Squeezing playdough/clay					
Taking objects out of containers					
Drawing					
Sanding					
Using a pastry cutter					
Using a hole puncher					
Pushing 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					
Painting with paintbrush					
Turning pages of a book					
Paper weaving					

Putting shapes into a shape sorter					
Sorting paper clips and small items					
Buttoning, zipping and snapping					
Pincer					
Popping bubble wrap					
Picking up small objects					
Tying bows					
Sewing cards					
Stringing beads					
Putting pegs in pegboard					
Putting clothes pegs on edges of boxes					
Using an eyedropper					
Turning knobs on a wind - up toy					
Putting coins through a small slot					
Release grip					
Giving an object on request					
Stacking activities					
Sorting activities					
Placing objects in containers					

Activity – Wrist flexibility – takes place from wrist with stable arm	Introduce	Develop	Competent	Mastery	Comment/Note
Recognition of 3D objects					
Matching of everyday objects					
Sorting objects – large familiar objects - by size shape					
Sorting objects – small familiar objects -					

by size shape					
Stacking activities Stacking boxes Stacking blocks Stacking Beakers					
Bead stringing Thread large beads onto something rigid – e.g. dowelling Thread beads onto thick firm thread – e.g. plastic washing line Thread small beads onto shoe lace Trace holes made by hole puncher, (child makes pattern with hole puncher then traces the pattern.)					
Assembling nuts and bolts					
Using twist ties					
Turning volume knobs on radio					
Manipulating lids on and off jars/tubes					
Mixing food in a bowl					
Using wind up toys					
Turning door knobs					
Pouring from one container to another					

Bilateral hand use	Introduce	Develop	Competent	Mastery	Comment
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 and placing an object into it with the other hand					
Stabilizing toy with one hand and using other hand to play with the toy					
Pushing together and pulling apart pop beads					
Finger painting					
Rolling snakes and ball with playdough/clay					
Attaching paper clips to paper					
Tracing round an object or stencil					
Holding paper with one hand stapling with the other					
Stabilising bowl whilst stirring					

Hand and finger strength	Introduce	Develop	Competent	Mastery	Comment
Crumpling paper					
Placing clothes pegs on edges of cans and jars					
Stretching rubber bands					
Manipulating play dough					
Squeezing glue bottles					
Using stapler held in hand					
Using stapler by pushing					
Using rolling pin					
Using a hold puncher					
Hammering					
Pushing together and pulling apart pop beads					

Sponge painting					
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Finger isolation	Introduce	Develop	Competent	Mastery	Comment
Make finger prints in playdough/clay					
Pushing buttons on toys					
Playing musical instruments					
Tracing around stencils with fingertips					

Light touch	Introduce	Develop	Competent	Mastery	Comment
Place counters inside the squares of Braille graph paper and have the child move fingers across them so lightly that they are not moved outside the squares					
Place cotton balls beneath the child's fingers and have them move across the page					
Move counters on a surface by touching them lightly					

Tracking	Introduce	Develop	Competent	Mastery	Comment
Track along lines of counters, beads, buttons and pasta, differentiating between and feeling for requested button shape or odd one out.					
Track across lines of yarn, string, ribbon, straws, wikki stix Finding longest, shortest, track down page using scissor action					
Track across lines of Braille cells picking out odd one out.					

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 top to bottom over like symbols which 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					

Tactile discrimination	Introduce	Develop	Competent	Mastery	Comment
– (developing the skills of recognising and discriminating between shapes using the pad of both fingertips.)					
Sorting large 3D objects (hand size) By different characteristics shape size textures Cool/warm					
Sorting smaller 3D					

objects By different characteristics Shape Size Texture Cool/warm					
Sorting small 2D objects (less than hand size) By different characteristics Shape Size Texture					
Sorting smaller 2D objects (with finger tips) By different characteristics Shape Size Texture					