

Oak Specialist

Independent Living Personal Care

Building Understanding



Unit 2- Personal Care

Lesson 1- Five a day

Making a healthy smoothie using five fruit and vegetables.

Lesson 3- Turn taking

Games and activity suggestions to encourage turn taking.

Lesson 5- Managing emotions

Recognising familiar emotions and identifying strategies to manage these.

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Lesson 2- Morning hygiene routine

Identifying morning hygiene activities and creating a routine.

Lesson 4- Fine/gross motor circuit

Activity suggestions to encourage development of fine and gross motor skills

Lesson 6- How to relax

Activity suggestions to learn how to relax and self regulate.



Lesson 4- Fine/gross motor circuit



Teacher notes- Fine/gross motor circuit

Learning Intention: To develop fine and gross motor skills.

1. Three fine motor activities which can be completed one after another. These activities develop different types of hand grip.
2. Three gross motor activities which can be completed one after another in a physical circuit.

Resources- pegs, card, two bowls, dry ingredients such as rice, spoon, playdough or blu tack, spaghetti, hoola hoops or cheerios



Safety notice

Some of the activities suggested in this lesson involve physical activity. Before beginning these activities, ensure the area is safe and that your learner is feeling fit and well to take part in the activity. Please also check your learner is wearing the right clothes for physical activity.



Personal Care

Fine/gross motor circuit

Building Understanding



Fine motor circuit

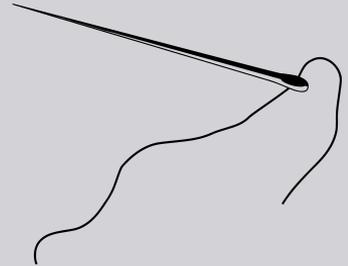
Using pegs



Spooning
dry
ingredients



Threading



Activity - Using pegs

Here is an example of how you can use pegs to develop fine motor skills:

1. Clip the pegs onto the card one by one - try and fit as many on the card as possible.

What you need: Clothes pegs and squares of card.



Spooning dry ingredients

Here is an example of how to develop fine motor skills by transferring ingredients with a spoon:

1. Transfer the dry ingredients from one bowl to the other using the spoon.

What you need: Dry ingredients, such as rice, two bowls and a spoon.



Pasta and Playdough threading

Here is an example of how to use spaghetti and playdough to develop fine motor skills:

1. Roll the playdough into a ball and place it on the table in front of you.
2. Pick up the spaghetti from the table and push it into the playdough.

Adaption: break the spaghetti in half to make this activity easier.

Things you will need: Dry spaghetti and playdough.



Gross motor circuit

- Clear a space either outside or inside
- Set each activity up before you start
- Spread the activity stations out so that you can travel between them
- Model each activity at each step



Gross motor circuit

REPEAT

1. Pick a card!
Move like an animal

2. Follow the lines

3. Pick a card!
Do alphabet action

4. Bend down
& postcards



1. Pick a card and move like an animal

1. Pick a card!
Move like an
animal

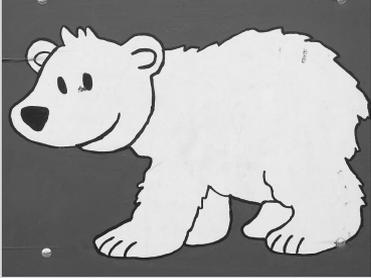
The first station of the circuit is to **pick a card** and **copy the movement**.

Make a range of animal cards by cutting paper or card into squares and drawing/writing an animal movement. See examples online or on next page.

Copy the movement before carrying the card to the next station of the circuit!



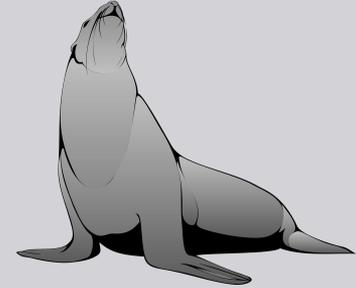
Animal cards examples



Move like a
BEAR



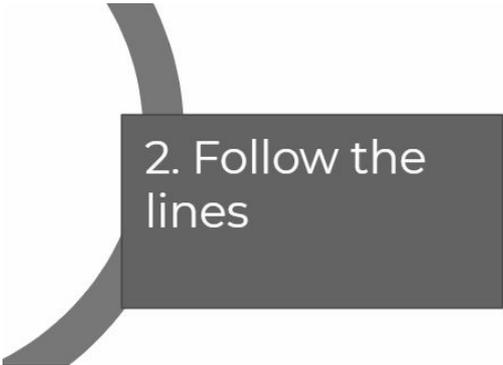
Move like a
BIRD



Move like a
SEAL



2. Follow the lines



2. Follow the lines

The second station of the circuit is to **follow the lines on the floor.**

Create lines with chalk (if outside) or a dressing gown tie (if inside) or anything that you can make a line with to follow.

Create a pattern in the line to walk along or follow to the third station.



3. Pick a card and do alphabet action

3. Pick a card!
Do alphabet
action

The third station of the circuit is to **pick a card** and **copy the action**.

Make a range of alphabet action cards by cutting paper or card into squares and drawing/writing a letter and corresponding action. See examples online or on next page.

Do the action before carrying both cards (from station 1 and 3) to the next station of the circuit!

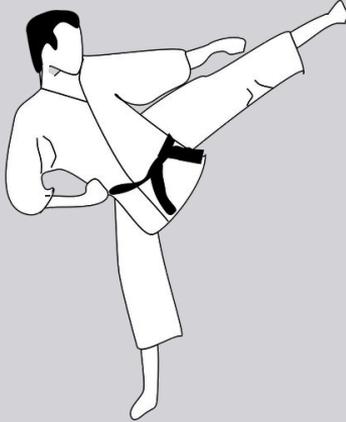


Alphabet action examples



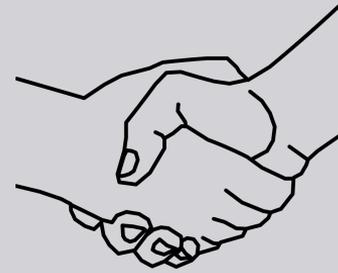
Jump

J



Kick

K



Shake

S



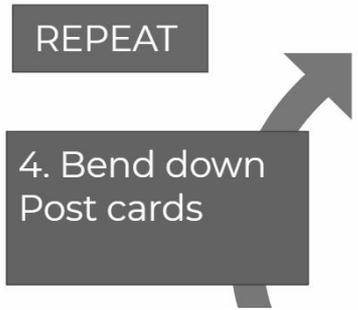
4. Bend down and post cards in box

The final station of the circuit is to **bend down** to **post the cards** into a box.

Create a post box by cutting a slit in a cereal box or old delivery box. Make sure it is low so that your learner has to bend down to post the cards.

After posting, repeat the circuit again starting back at the first station.

Repeat until all the cards have finished!



Independent Living

Personal Care

Fine/gross motor circuit

Make it easier

Pick one activity from each circuit and develop skills in that area.

Make it harder

Design your own activities to increase the circuit. If you have extra space, increase the movements.

More ideas

Talk to an Occupational Therapist or Physiotherapist for specific activities and exercises.



Further Learning with Oak National

Independent Living:

- Building Understanding- How to relax (Unit 3)
- Building Understanding- Turn taking games (Unit 3)

Physical Development:

- Movement and Balance (Unit 1)
- Target Sports and Games (Unit 4)

Occupational Therapy:

- Gross Motor Skills (Unit 1)
- Fine Motor Skills (Unit 2)



References

Slide 7- Clothes pegs, Publicdomainpictures / Needle, Pixabay / Spoon, Silberfuchs, Good Free Photos

Slide 14- Cartoon bird, NaomiBooth, Pixabay / Snowbear, Wallpaper Flare / Seal head raised, Needpix

Slide 17- Jumping man, Publicdomainpictures / Handshake1, Tommyv580, Wikimedia Commons / Man in karate pose, Publicdomainvectors

