Database Content.

It is important to remember: (Maybe add a page with tips for supervisors ?)

• Always give as much praise and positive encouragement as possible.

• Make sure that you do not give too many instructions at one time.

• Ask the child to repeat the instructions to you before they carry them out and make sure they understand them all.

• Give plenty of time for changing clothes, shoes etc.

• If you ask the class or group to choose teams, make sure that specific children are not left out. You could ask the child who is never chosen to be the team leader; then ask each child once they have been chosen to pick the next team member.

Individual Exercises:

1. **<h2>Unscrewing the lid from a bottle:<h2>**

**<div id=”description”>**

Description – This exercise aims at developing children’s motor skill strategies. It focus’ on challenging children to combine hand eye co-ordination with complicated muscle movement, both of which children with Dyspraxia tend to have great difficulty with. This exercise can prove to be quite challenging especially for young children but with practice it can benefit a child’s entire motor functionality.

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<div id=”instruction”>

Instruction – This exercise should be completed for a duration of 10 minutes daily. For new children to this exercise start with the lid of the bottle loosened. As the child progresses tighten the lid slightly to make the exercise more challenging. To unscrew the lid twist it in an anti-clockwise direction. As it becomes looser the easier it is to twist. Twist until the lid comes off then repeat the process until the timer has finished. See how many times you can get the lid off in 10 minutes. Try beat your score each time you attempt the exercise.

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1. **Clapping hands:**

Description – This exercise is one for beginners. For children who suffer from Dyspraxia they struggle to cope with exercises or simple movements that require normal motor skills. This exercise aims to improve a childs motor skills by simply just clapping their hands.

Instruction – This exercise should be completed for a duration of 10 minutes. Once the timer has begun get the child to bring their hands together, at a slow pace to begin with until they come together then return them to their starting position. Complete this cycle for the entire duration of the timer. When the child becomes more comfortable with the exercise increase the speed at which they clap their hands. It can be a good idea to count how many times they can clap their hands in 10 minutes, each time trying to beat their previous score.

1. **Opening and closing pegs:**

Description – This exercise is excellent for muscle strengthening in the hand area and also challenges the child to put their hand-eye co –ordination to the test. By simply opening and closing a clothes line peg the improvements in a child’s motor skills are outstanding.

Instruction – This exercise should be completed in two parts for a total duration of 10 minutes. Use the left hand first for 5 minutes then move over to right hand for the second 5 minutes. Simply get the child to open and close a peg repeatedly for the duration explained. Start slowly and increase the speed as the child becomes more experienced. Then move onto getting the child to attach the peg to items around the house as a side exercise.

1. **On all fours:**

Description – This exercise is extremely beneficial in improving a variety of motor skills. It works by involving all four limbs but can prove quite challenging to begin with. It focus’ on challenging the child to carry out difficult muscle movements along with challenging balancing techniques also.

Instruction – This exercise can be tiring so should be completed for a duration of 5 minutes on a daily basis. Ask the child to get in the crawling position. Then ask them to move their face down towards the floor, aiming for a spot between their hands, then push back up to the crawling position. Their elbow should not touch the floor and their weight should be kept forward, over the hands. Repeat this movement until the timer is up.

1. **Leg Lifting:**

Description – The aim of this exercise is to improve children’s pelvic control.This is one area children with Dyspraxia or children in general need to be competent in.