

## Motor Planning Ideas:

Practicing movements needed for wiping practice and other self care

- Sit on edge of chair—pass small fidget under the chair: right to left; left to right.
- Stand with feet apart—drop small fidget behind your back, reach down and pick up.
- Stand with feet apart—hold fidget by low back. Reach down between legs and to the back and pass from front hand to back hand. Reverse.
- Stand with both hands behind your back---manipulation exercise such as finger puppet from one finger to another.
- Pass green stretchy strap or accordion tube over one shoulder and behind back to the other hand. Reverse.
- Pantomime a “dry” shampoo-all over head.
- Pantomime a “dry” shower over clothes--emphasize arms and legs, back of neck, behind ears, toes.
- “Shake” dry.

## Wiping: practice components

A good way to break down the complex issue of teaching effective personal toileting skills with toilet paper is to break down the task into components that can then be practiced daily. Here are some ideas of how to think about this skill and what it takes to really be successful.

### Position:

- Table surface: horizontal
- Window or mirror: vertical
- Edge of table: vertical
- Door frame molding from waist level down: low vertical
- Wall baseboards: very low vertical
- The underside of the seat of the kitchen chair one is sitting on: the actual position needed

### Firm sweep:

- Shaving cream: rub onto surface then wipe dry with paper towel. Re-wet paper towel and wipe again. Use another dry paper towel to thoroughly dry the surface.
- Peanut butter
- Jam or jelly. Again, a very sticky mess but this is the consistency the students need to learn to wipe clean.

### Touch pressure on self:

- Brisk towel rubs after shower or bath.

- Shampooing and rinsing own hair.
- Lotion rubs on own legs and feet.

**Visuals:**

- Car washing.
- Wiping up own everyday spills.
- Drying dishes

**Trunk or core mobility:**

- Yoga
- Dance
- Gymnastics
- Swimming
- Sports of all kinds
- Stretching