


Betsi Cadwaladr University Health Board - Children's Occupational Therapy Programme

Programme For:

Provided on:

Area of Difficulty	Strategies To Try	Activities to Help Develop Scissor Skills
<p>Scissor Skills</p>  <p>The ability to use scissors involves eye-hand co-ordination and hand and finger strength and control.</p> <p>To develop effective scissor skills, ensure the child is sitting appropriately at the table top with hips and knees flexed at a 90 degree angle with feet placed flat on the floor. This will increase upper limb control.</p> <p>Left-handed scissors should be used for children who are left handed.</p> <p>Encourage the child to adopt correct finger positioning when using scissors. The thumb positioned in the top loop of the scissors and middle finger in the lower loop with the loops resting near the middle joints. Position the index finger below the blade to guide the scissors. Scissors are held thumbs up!</p>	<ul style="list-style-type: none"> • Snip at drinking straws, this involves only one cutting motion and helps to develop opening and closing. These could be made into decorative necklaces. • Try using medium weight paper, thin card or paper plates to provide resistance when cutting. Snip a fringe around the edges. • Draw short thick lines on a piece of card, encourage the child to snip cut forward along these lines. • Create a line made of hole punches on a piece of paper or card encourage the child to cut between the holes. This can be used to develop cutting along curved and circular lines. • Try gluing pieces of sandpaper on a piece of cardboard and get the child to cut between them. This can also assist with the development of cutting a straight line. • Try sticking a piece of string or wool alongside the line can. This will assist with maintaining direction when cutting straight, curved or circular lines. 	<p>The following are a list of multi sensory activities aimed at developing the opening and closing mechanism that is required for using scissors.</p> <p>Squeezing will help strengthen the muscles of the fingers and hand needed for cutting.</p> <ul style="list-style-type: none"> • Squeeze wet sponges make this a fun bath time activity • Squeezing empty plastic bottles to make bubbles in water • Squeezing play dough or clay using various resistance • Fill a balloon or rubber glove with flour, remove the air in the balloon and secure by tying a knot at the top. Draw faces on the balloon for interest and squeeze away. • Using water pistols or spray bottles to shoot at targets • Using a turkey baster squeeze different coloured water from one container to another • Use pegs to squeeze open and shut <p>Practice opening and closing</p> <ul style="list-style-type: none"> • Using tongs such tea bag tongs, salad tongs or large plastic tweezers practice picking up a variety of objects such as cotton wool balls, small blocks, beads and place them in containers etc. • Using a hand held paper punch make holes in paper. • Snip along the edges of the paper making frills, use the frilly paper to decorate an art project. • Cut strips of paper into squares, stick the squares of paper onto an outline of a picture and make a collage. • Cut along straight lines then try curved ones, cut out simple shapes. • Make greetings cards, from cutting card, tissue paper, plastic etc in shapes and sticking together. • Make paper decorations from folding paper into rectangles and cutting 'paper angels', unfold and see how the hands and arms join the figures. • Sponge print, by cutting shapes into a sponge and applying paint.

Your child should be supervised when carrying out any aspects of the programme above.