



Fine Motor Station Volunteer Instructions

- There should be **two** Adult Volunteers for the Fine Motor Station.
- One class will be in this room for one hour and there are 3 stations in this room 1) Wheelchairs 2) Walkers and 3) Fine Motor.
- The class will be divided into 3 groups with 3 different color name tags.
- Each group will spend 20 minutes at each station.
- The teacher will keep track of the time and instruct the students when it is time to rotate.
- When a color coded name tag group arrives at the Fine Motor Station the Adult Volunteers should subdivide the group into 2 smaller groups of approximately 4 to 6 students.
- Each Adult Volunteer should be responsible for instructing the small subdivided group of 4 students for the 20 minute session at the Fine Motor station and guiding the students through all the activities at all three Substations of Fine Motor.
- The Adult Volunteers should start at different Substations to avoid congestion.
- Be cognizant of the time, try to spend 5 to 7 minutes at each of the Substations.

Gloves Substation

- Students should wear gloves for all the activities at this Substation.
- Students should rotate and try all the activities.
- Games can be played with 2 students.

Bumble Ball Substation

- Students should ideally wear Bumble Balls on both hands but may just wear one Bumble Ball on their dominant hand for all the activities at this Substation. The Adult Volunteer should attach the Bumble Balls to the student's wrist with the Velcro.
- For the Eating with Tremors activity give each student:
 - ♦ 1 spoon
 - ♦ 1 small paper cup filled 2/3 up with the supplied food.
- Students should rotate and try all the activities.

Dressing Substation

- Students should wear the Elbow Braces and Thumb Splints for all the activities at this Substation. The Adult Volunteer should Velcro the Elbow Brace around the student's elbow with the "rigid stays" on the inside of the arm on the student's dominant arm. Place the Thumb Splint on the student's dominant hand thumb.
- Students should try to put on the Vest and button and zip it using the Zipper and Button Hooks. They may also try to use the Dressing Stick.
- Students should try to put the Shoe Lace Cover over their own shoe and try to lace it.
- Students should remove one of their shoes and try to put the sock on over their own sock using the Sock Aid.