

Blocks

Take this sheet into the workshop as a useful reminder of the aims and activities

| ACTIVITY | ACTIONS | NOTES |
|--|---|--|
| Exploring Blocks | <p>Take your time to get comfortable holding the block</p> <ul style="list-style-type: none"> • Grip the block at the top, the bottom and the sides • Place the block between your knees, feet and elbows. Try lifting the block up and down • Use pressure to hold the block on different parts of your body • Balance the block on one hand or on different parts of your body | <p>Blocks are lightweight and colourful. Using them can aid dexterity, coordination and strength</p> |
| Making it easier - working with a partner | <p>If someone is finding it difficult to hold the block, ask them if it's ok to balance blocks on their lap to create a small tower.</p> | |
| Working with 2 blocks | <p>Using two blocks</p> <ul style="list-style-type: none"> • Press the blocks together - open and close them like a book • Press the blocks together on the thinner edges. Use pressure to keep the blocks together as you move them around the space <p>Press the tops of the bricks together in a firm grip</p> <ul style="list-style-type: none"> • Rotate the blocks in your hand, using pressure to keep the blocks together. Rotate them down and then back up again, and repeat | <p>Improves strength and stability</p> <p>Strengthen arm and shoulder muscles</p> |
| Let's make it more challenging | <ul style="list-style-type: none"> • Try and throw and catch the block with two hands • progress to a one-handed throw and catch • Build your own tower of blocks. How many can you add before the tower falls? | <p>These activities will develop hand- eye coordination</p> |
| Using blocks with a partner | <p>Working with a partner</p> <ul style="list-style-type: none"> • Gently press the blocks together using your hands, knees, or your shoulder • You can increase the number of blocks between partners to make it more challenging, or you can add more people to the circle | <p>Encourages teamwork</p> |
| Working with the group | <p>Why not try the following games:</p> <ul style="list-style-type: none"> • Hide and seek using the blocks • Stack a tower of blocks - throw a beach ball to knock it down • Create a line of dominoes and encourage people to use a Flower Stick to knock it down • Karate chop using two or three blocks! | <p>These games have proven very popular in our care home workshops. See what ideas you can come up with!</p> |

