

PHYSICAL DISABILITIES – DAILY LIVING SKILLS

A physical disability occurs when there is an impairment of the bones, joints, muscles, nerves, or malfunctioning spinal cord. A physical disability can affect how one moves, as well as how one speaks or writes.

Talk with the girls about some of the things they do everyday that use their “little muscles,” also known as fine motor skills. Include things done with muscles, joints, and bones (eating, writing, drawing, buttoning, shoe tying, teeth brushing, etc.).

Give each girl a piece of paper and pencil. Simulate a partial loss of hand control by writing name and address with the non-dominant hand.

Next, pass out long strips of masking tape and have the girls tape their thumbs and first two fingers to the palm of their dominant hand. Try shoe tying, zippers, buttons, cutting, turning pages, etc.

Discuss

1. What made these tasks difficult?
2. What kinds of devices could have helped them?

