

FLEX YOUR FINGERS

Objective

This activity was designed to allow students to experience the rigid muscles that often accompany cerebral palsy and to see how frustrating it might be to be unable to move your fingers as you would like to.

Materials

- Two pairs of socks for each student (have student's bring them from home-thick athletic socks work best.)
- A few men's shirts with buttons.

Activity

1. Have each child put on two thick socks on each hand.
2. Explain that they will experience what it might feel like to have cerebral palsy. They are to put on a shirt and try to button it and then unbutton it.
3. When they have finished (some students may not be able to complete the task in the allotted time), ask them to flex their fingers.

Discussion

Talk to the students about how it felt to button a shirt with socks on their hands. What was easy? What was hard?

When they flexed their fingers and arms, how did it feel?

Explain to them that the stiffness they felt in their fingers and arms is very much like the feeling that people with cerebral palsy have in their muscles. It is very hard for them to relax their muscles and it takes a great deal of energy to accomplish some tasks.