

VERTICAL SURFACES

Working on a vertical surface can help:

Improve bilateral coordination
Encourage pencil grasp
Improve spatial awareness
Appeal to different senses

Strengthen upper extremities
Encourage midline crossing
Promote hand/eye coordination
Strengthen core and posture

Ideas for working on vertical surfaces:

- Sticker Twister: Have the child stick them all over a wall at different levels. Then give directions for which stickers to touch (jump, bend and reach with different limbs)
- DIY Removable Lego Wall: Build with legos on a vertical plane.
 - Trace and stencil on paper that has been taped to the wall.
 - Hang a mirror on a wall and draw with a dry-erase marker.
 - Smart board activities involving writing and drawing.
- Tablets and iPads can be propped (some come with a prop). Use a stylus to encourage an efficient grasp.
- Try any of the above in a standing, kneeling or seated position.