

## **Manual Dexterity Station**

**Materials:** Oven mitts  
Garden gloves  
Hawaiian shirt  
Clown (large) shoes that tie with laces



**Purpose** To stimulate students to experience some of the frustrations that come with a lack of manual dexterity, a condition that is often prevalent with persons who have cognitive impairments, Cerebral Palsy, or other related conditions. The oven mitts simulate a general overall impairment, while the gloves simulate, by a variety of finger configurations, the sometimes seemingly random impairments many persons suffer.

**Activity:**

1. Have the students attempt to button the shirt with oven mitts or garden gloves on their hands.
2. Have the students attempt to tie a large shoe with oven mitts or garden gloves on their hands.
3. Discuss their feelings, frustrations, and experiences with them.

**Discussion:**

1. How did you feel when you were buttoning your shirt?
2. How did you feel when you were tying the shoe?

