

ACTIVITY WRITE-UP

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Name of Activity: Finger Twister

Type of modality	Board Game
Type of play	Shared cooperative
Interaction pattern	Multilateral
# of participants required	2 players, 1 facilitator
Equipment/supplies	<ul style="list-style-type: none">• “Finger Twister” playing board• Spinner board with corresponding fingers, colors, and arrow for spinning
Facilities required/environment	Activity works best if played on a flat sturdy surface, within arm’s length of each player, with chairs for players to be seated.
Precautions	Be sure that every player is within arm’s reach of the playing board and has enough personal space to comfortably participate in the activity. Can be risky for those with decreased fine motor movement in hands/fingers.

Directions

1. Distinguish between the two players of the game and the facilitator.
2. The two players of the game should be seated across from one another at opposite ends of the board game.
3. The facilitator spins arrow on the spinner for the two players.
4. The facilitator then reads aloud the color and finger combination indicated by the arrow. (Ex. yellow-thumb or red- pinky)
6. The two players must move the correct finger to the corresponding colored circle to obey the directions given by the facilitator.
7. Only one hand is to be used throughout the course of the game. Only one finger can occupy one colored circle at a time by one player.
8. Once a finger is placed on a specific color, it cannot be moved unless otherwise specified by the facilitator.
9. The game continues on with the facilitator spinning the arrow and giving the corresponding commands until a certain move becomes impossible for a player to perform.
10. The last player left in the game is the winner!

Activity Analysis

Category	Skills
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Primary body position	Sitting (standing can also be an option)
Part of the body required	Upper body/ extremities
Movement	Reaching, stretching, turning/twisting of hands and fingers, moving around obstacles (other opponent's hands/fingers)
Physical	Balance (dynamic sitting), bilateral integration, crossing midline, motor control, AROM (upper extremities), visual motor integration
Cognitive	Arousal/ alertness, attention (focused, selective, divided, sharing), concept formation, cognitive flexibility, concentration, simple decision making, judgement, topographical orientation, color recognition, spatial operations, strategy, ability to know difference between right and left side of body/ hand, direction following, comprehension
Social	Interpersonal interactions, maintaining social space, physical contact, relating with equals and authority, social conduct, social cues, regulating behavior
Perception	Auditory function, visual function, tactile function
Communication/language	Reception to spoken language, reception of signs and symbols, producing signs and symbols
Self-care	N/A
Psychological/emotional (possible)	joy, frustration, fear (not comprehending and embarrassment)

How to Simplify the Activity- Activity can be simplified by reducing the amount of color- finger combinations for players to execute.

How to Make the Activity More Complex – Activity can be made more complex by playing traditional twister, involving more complex movements with all extremities.