Fun 'n' Games Fun 'n' Games Fun 'n' Games Fun 'n' Games Fun 'n' Games Fun 'n' Games

Diabolo

This activity is all about two-handed play. It also gives the helper hand practice in whole hand grasping and holding

Getting the hang of this is difficult and may require some patience from your child and lots of practice! You can help your child with any part if they are struggling.

Your child will need to place the diabolo cone over the string and hold the sticks, one in each hand.

Your child will need to roll the cone along the floor to get it moving quickly and then lift up their arms.

He/she then can move his/her arms alternately up and down to keep the cone moving quickly.

When your child has managed this he/she can then try to throw the cone up and catch it on the string.

When your child has got enough speed by moving his/her arms up and down, he/she can pull his/her arms to the sides to tighten up the string. This will make the cone jump up. He/she can try to catch it on the string again.

For everyone's safety make sure to play this outside or somewhere where there is plenty of space in case the cone flies off in the wrong direction!

Have fun!

http://research.ncl.ac.uk/hemiplegiaresearch-fungames

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