



## Trouble

*This game gives the helper hand practice in:*

*Thumb/finger grasping*

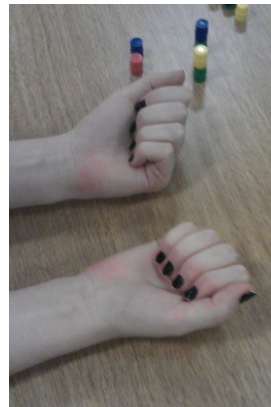
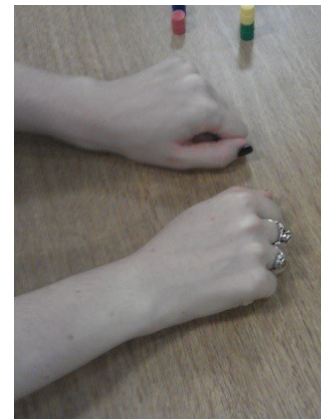
*Reaching*

*Releasing*

*Wrist and forearm movements*

Begin by asking your child to choose two colours to play with.

He/she should then hide them by making a fist.



Now select a hand – encourage your child to turn his/her hands palm up to show you your playing piece colour.



Your child should hold the counters in one hand and place them in the starting spaces (with stars on).

The aim of the game is to get all four counters around the board as quickly as possible.

Your child should use the dominant hand to move his/her own counter and the helper hand to move your counter.

If you are moving your own counter ask your child to use just the helper hand to move his/her counter. If this is a bit tricky he/she could take one go with one hand and the next with the other and so on.

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Your child should use his/her left hand to move one colour counter and his/her right hand to move the other (or one hand for two colours to make the game a bit longer).



Ask your child to press the bubble at the centre of the board to roll the die, using the heel of his/her helper hand.

He/she should then move the counter by the correct number of spaces.

See who wins!



Your child could also make some towers using the counters.

This is a good activity for co-ordinating two hands – one hand to place the counters and the other to keep the tower steady.



We hope your child has lots of fun with this game!

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