



Squeeze the Ball

Therapy Focus 1

Skill 1

- Occupational Therapy
- squeezing balls (pre-writing skill)
- passing from one hand to the other

Therapy Focus 2

Skill 2

- Physiotherapy
- kneeling on one knee and passing a ball around knee
- rolling a little ball to a friend

Song Inspiration

Open, Shut Them is a song all children love. We use squeeze balls to sing this song. After Open, Shut Them was mastered we decided that we needed a more boppy song for the older children. Jayden has short fingers and low muscle tone in his hands. The song Squeeze the Ball helps him to exercise his finger muscles without him knowing that it is part of his OT program (We also threw in a few activities from his physio program as well!)

Teaching Suggestions

Verse 1 – sit and squeeze the ball

Verse 2 – sit and pass ball around tummy – swapping hands

Verse 3 – sit opposite friend – legs apart – roll ball back and forth

Verse 4 - kneel – one knee up – pass ball around knee from one hand to the other

Verse 5 – as for verse 4, but use the other knee

Verse 6 & 7 – dance and squeeze!



Tayah and Kristiana 'rolling the ball to a friend'



Tayah 'passing the ball round her knee'



Tayah, Emily and Kristiana 'squeezing and dancing'