

Flower Sticks

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
Exploring Flower Sticks	<p>Take your time</p> <ul style="list-style-type: none"> Use the soft end of the Flower Stick to gently brush your hands, arms, face, or legs Flower Sticks can be held or squeezed 	Improves grip and dexterity and strengthens the muscles in the hands
Exploring flower sticks	<ul style="list-style-type: none"> Place the stick horizontally across your lap. roll back and forth to massage the legs Place the stick horizontally across the inside of both elbows and straighten arms so that the stick rolls down towards the hands Lift arms and let the stick roll upwards towards the elbows 	Increases attention span and timing skills
Making it easier - working with a partner	<ul style="list-style-type: none"> Assist your partner - help them to roll the stick across their lap Encourage them to straighten their legs from a seated position and place the stick so it rolls towards their feet Join hands with your partner and use your joined arms to roll the Flower Stick back and forth 	This activity can be calming and emotionally regulating
Let's make it more challenging	<ul style="list-style-type: none"> Add control sticks if your partner is uncomfortable when lifting or lowering their arms Use the control sticks to roll the Flower Stick back and forth - make sure you control the movement and keep it smooth 	Improves hand and eye coordination
Let's make it more challenging	<ul style="list-style-type: none"> With practice you can throw and catch the Flower Stick with the control sticks and create lots of different patterns and movements 	Why not see what tricks you can come up with. Don't be afraid to challenge yourself!

