**Activities included in the HABIT**

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| **Activity Category** | **Goal** | **Activities and games** | **Time** | **Type of involved hand use** | **Parameters manipulated** |
| ***Gross motor activities*** | Repetitive task practice that involves shoulder, elbow, wrist, and hand activities in a functional context | T ball, basket ball, prone scooter board activities such as propelling with both hands to reach at the target, goal oriented sea-gull activity, fishing, skipping, play dough and putti activities, rolling pins, games such as smart max, Q-Ba-maze, drum sticks, gumball, velcro-paddle, screwing and unscrewing the toys, bowling, ring toss, squeeze benders, magnetic builders and construction games, activities in play sand, group activities involving passing a large ball and parachute etc. | 15-20 minutes for each activity | Stabilizer, manipulator, active/passive assist, symmetrical or asymmetrical movements, gross motor grasp, gross movements of the upper extremity | Spatial and temporal components, frequency, accuracy, the assisting hand use |
| ***Fine motor activities*** | Repetitive task practice for precision activities that involve fine motor grasps, in-hand manipulation, power grasp, hand opening, release and finger isolation activities | Connecta-straws, bubble-guns, tinkertoy vehicle building, tie-up shoe, string a farm, lacing peacock, interlocking and marble construction, and build geometry sets, linkazoo, marble run, connect 4, magnetic picture maker, button art, magnetic stick and stack, bars and balls magnetic construction set, opening and closing a lid of jar/bottle, tear papers, tracing, keyboard activities such as pressing keys with different cartoons, feeding with spoon, finger aerobics (1-1, 2-2, 3-3, 4-4, 5-5), pick up sticks and bids, squeezers and benders etc. | 15-20 min for each activity | Stabilizer, manipulator, active/passive assist, symmetrical or asymmetrical movements, reach, lift, grasp, release, finger isolation, fingertip forces, supination and pronation grasp | Spatial and temporal components, frequency, accuracy, the assisting hand use |
| **Functional activities** | To train the child on functional activities that require bimanual coordination | Tie shoe laces, zipping and unzipping the shirt/pants, buttoning a shirt packing and unpacking a lunch box, feeding, cleaning a table top | 20 minutes | Stabilizer, manipulator, active/passive assist, precision, grasp, release, in hand manipulation | Spatial and temporal components, frequency, accuracy, the assisting hand use |
| **Arts and crafts** | Repetitive practice and functional use of precision grasp, in-hand manipulation and bimanual coordination | Drawing and painting, paper bag puppets, craft using play dough, paper plate crafts, beaded candy cane ornament, painted rock mosaic, recycled crafts such as egg carton goggles, shoe box guitar, plastic bottle animals etc. | 20-30 minutes/day | Stabilizer, manipulator, active/passive assist, symmetrical or asymmetrical movements, precision, grasp, in-hand manipulation | the assisting hand use |
| Group activities | Warm-up activities and to increase the interest of children | Clapping on a song, dancing, parachute game, give me five, decorate the box, fill the bucket with water gun, catching a beach ball, pool noodle games | 10-15 minutes/day | Upper extremity movements |  |

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SDC 1: Details of the activities included in the HABIT protocol