



CAMPS ON TRACKS

ESTD 2011

Sample Activity - Camper Awareness

Beaded Bracelet

(Simulating Physical Disability/Fine Motor Difficulties)

(Recommended Age 4+)

Equipment: Beads and gimp

Description: Have campers string beads on to a piece of gimp for one minute. When the time is up have the campers count the number of beads. Then have the campers complete the same activity with only one hand. After one minute has passed, have the campers count the number of beads and compare the results with the first attempt.

Variation: Have campers try different activities using only one hand, like tying their shoes or writing/colouring with less dominant hand. They could also use both hands, but try to string beads wearing gloves or mittens.

Debrief:

After the activity ask campers the following questions:

1. What did you like about the activity?
2. What were some of the challenges?
3. How did you overcome the challenges?

Sample Script: “Some campers experience difficulty with moving their hands or fingers. They may have difficulty writing, doing crafts, or have difficulty playing sports. But campers are able to use strategies to overcome these challenges, just as you did during this activity today. We can help our friends at camp by assisting them with games like this, and congratulating them when they do a good job.”

