

Hands & Feet Hopscotch

Activity designed by TWU OT Students

You will Need

- Blank paper or print the provided hand & foot template
- Tape
- Pencil, pen or chalk
- Open hallway, space or sidewalk

This activity is inspired by the sculpture *bighands* by Nic Nicosia. The steel sculpture is eight feet tall and has oversized hands and feet.

Our hands and feet are very powerful. We need our hands and feet in order to do everyday things. We use them to build things, to move around our environment and the world, and to interact with other people. Sometimes our hands and feet may feel too big and we can feel clumsy, but it is our differences that make us special. As we practice controlling our bodies, we can learn to embrace and appreciate all that they do for us.



How to Play

Set up: There are different variations to set up this game depending on what materials you may have around you. To set up, you will need to lay out 10 rows of three pictures of hands and feet taped to the floor. Each row will have the pictures in a different order. These pictures can be printed from the template, sketched on different pieces of paper, or drawn with chalk on the sidewalk.

Video demonstration: <https://www.youtube.com/watch?v=GA7eYXIXANo>

Objective: The goal of this game is to match your hands and feet to the pictures on the ground, going row by row until you get to the end.

Instructions:

1. To start, one person at a time will match their hands and feet to the first row of pictures.
2. Continue making your way down the rows by matching your hands and feet to the correct pictures. This will require you to move your body and alternate the position of your hands and feet. If you don't match a picture to the correct body part, you have to start over!
3. To make this game easier, you can use fewer pictures per row or use color cues (i.e., all hands are colored red and all feet are colored blue). To make this game more challenging, you can add pictures to each row, use pictures of different body parts, differentiate between right and left, and set a time limit. A narrator can also add different actions to each row before advancing to the next (e.g., "Tap the picture 3 times" or "Shake your foot").
4. Cheer on your friends as they make it to the finish line!

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