



HLF Rebuilding Bodies and Souls

Using our hands activity

Suitable for: 6-8 years

Time needed for set up and activity: 5-10 minutes: have items ready on a tray and gloves/mittens/bandages ready. Activity lasts approx. 15 minutes: suitable for a group of between 2-4 children with 1 adult.

Context needed for the activity:

- What airmen are
- A basic understanding of who McIndoe is
- That we touch/write/draw/hold things using our hands and it would be difficult to use another part of the body for this.
- What a burn/injury is
- What occupational therapy is and is like

Activity Objectives:

- To consider what it might be like if your hands are injured
- To recognise how important our hands are in carrying out everyday tasks

Suggested Learning Objectives:

- To be able to empathise
- To understand the lives of people that used to live in East Grinstead
- To be able to work scientifically
- To use discussion skills

National Curriculum Links:

- **History:** significant historical events, people and places in their own locality
- **History:** the lives of significant individuals in the past who have contributed to national and international achievements
- **History:** Understand historical concepts such as cause and consequence, similarities and differences and asking historically valid questions
- **History:** Gaining Historical perspective (including local and national history and understanding types of history, i.e. military)
- **English:** Spoken language (including using descriptions, being involved in discussion, listening to peers and adults, participating in conversations, asking questions)
- **English:** Using discussion
- **English:** Competence in speaking and listening
- **Physical Education:** Develop fundamental movement skills, becoming more competent and confident by engaging in a wide range of activities to extend coordination and agility

- **Science:** Asking and answering questions
- **Science:** Performing simple tests and drawing conclusions
- **Science:** Identify, label and identify the sense associated with different parts of the body

Materials and equipment

- Trays
- A range of objects of all shapes and sizes including mugs, knives and forks
- Buttons and button holes / laces
- Bandages
- Mittens/gloves

How to:

Begin by talking about hands. (Link to RBS exhibition by mentioning that the RAF airman suffered burns which meant that their hands were damaged or injured, many of the airmen underwent occupational therapy in order to regain use of their hands).

Suggested questions to ask before activity:

What do we use our hands for?

Which objects do you think will be difficult to pick up? (Have the items already on the tray or lay them out as you discuss)

Introduce the activity

We are going to explore what would it be like if our hands are injured so we can begin to think about and understand how the airmen might have felt

Put the bandages or mittens on children's hands. Two children at a time (if one or two other children are participating, they can help put gloves on/lay objects out/observe).

Ask the children to try to pick up the objects.

As this is happening talk about which objects are most difficult or easier.

Then ask the children to try using a knife and fork, how difficult is this to do? (If one or two other children are participating, they can also pick the objects up and try the extension task and compare how much easier it is for them. The children can then swap roles.)

Summarise the session and talk about how this injury would have affected the airmen's lives

Extension: Try a more complex daily task, like putting buttons through a button hole or tying laces

Suggested questions to ask after activity:

How did the gloves/bandages affect your ability to pick things up?

Which objects did you find the most difficult to pick up?

How could the airmen get round these problems? What could they do to make it easier? How could we adapt the objects to make them easier to pick up?

How would you feel if you suddenly couldn't use your hands very well?