

# Scissor Skills

## **Positioning**

- ❖ If one hole on the scissors for fingers is smaller, the thumb should go in the small hole
- ❖ Thumbs up!
  - Thumbs on each hand should face up for both the hand holding the scissors and the helper hand
  - Some tricks that help include putting a googly eye or sticker on top of the hole for the thumb
- ❖ Point the scissors away from the body (the hand holding the paper does most of the turning, while the scissors point forward)
- ❖ Elbows should be down at the child's side close to their body
  - Remind them to keep their elbows at their side by providing a tactile (touch) or verbal cue, and/or suggest they rest their forearms on the table
  - If this is difficult, work on upper body strengthening

## **Pre-cutting activities**

- ❖ Hole punches
- ❖ Use salad tongs to pick up and carry objects
- ❖ Use plastic playdough scissors or child-safe scissors to cut playdough
- ❖ Use scissors to cut resistive materials such as playdough, construction paper, cardboard, straws

## **Cutting**

- ❖ Snip paper - make fringe on the edge of paper
- ❖ Cut random snips around the edge of paper
- ❖ Cut across a short paper strip (about the length of the scissor blade)
- ❖ Cut in a forward motion along paper requiring about 2-3 cuts
- ❖ Cut along thick lines in a forward motion, then progress to thinner lines
- ❖ Cut along curved lines (half circle) - teach how to use the helper hand to turn the paper with the helper hand, while keeping the scissors pointing away from the body
- ❖ Cut along zig-zag lines
- ❖ Cut out large simple shapes with straight lines (ie. squares, triangles), then progress to smaller sizes
- ❖ Cut along wavy lines
- ❖ Cut out large circles, then progress to smaller shapes
- ❖ Cut out simple pictures that include both straight and curved lines

Reference:

Niagara Children's Centre, <https://niagarachildrenscentre.com/ncc/programs-services/services/occupational-therapy>

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