



Daily Living

Keeping Hands Appropriate While Sitting

Objective

Teach the student to keep hands appropriate while sitting for increasing time intervals.

Supplies

Chair, rug, or mat; timer

Teaching Steps

Step 1: Teach student to keep hands appropriate while sitting for increasing amounts of time with no ongoing activity.

Step 2: Teach student to keep hands appropriate while sitting for increasing amounts of time during an ongoing activity.

Step 3: Teach student to keep hands appropriate for increased amounts of time.

Next Steps

Teach the student each step in the list of Sample Skills to Teach.

Generalization

- Different people (e.g., teacher, parent)
- Different setting (e.g., classroom, lunchroom, library)
- Different ongoing activities (e.g., lunch, story time)

Exercise

1. Have the student sit at his desk, on a chair or in a play area (e.g., in a bean bag, on a rug or mat).
2. Give the instruction, "Keep your hands still please."
3. Set a timer for the designated interval (e.g., 15 seconds).
4. To help the student respond correctly, guide his hands with your hands to help him keep his hands down in his lap or on the desk for the designated interval.
5. When the timer sounds and the student has

responded correctly, provide immediate verbal praise (e.g., "Great keeping your hands still!"), and offer a reward such as a toy, snack, or token.

6. Gradually remove prompts until the student is able to respond independently (i.e., without your help).
7. Provide more/better rewards when the student responds correctly with less guidance, and the best rewards when the student responds correctly without guidance.

Error Correction

- While saying, "This is keeping hands still," physically guide the student to follow the instruction.
- Show the student the correct response (e.g., say, "Do this," and place your hands on your lap).

Other Prompting Procedures

- Immediately show the student the correct response (e.g., say, "Do this," and place your hands on your lap).
- Prompt the student to place his hands in his pockets initially, and then teach to him to place his hands on his lap.

Troubleshooting

Problem: The student was able to keep his hands appropriate for 30 seconds, but makes an error every time we move to a 1-minute interval.

Solution: You may have increased the interval too quickly. Return to the shorter interval to help the student have success. Then, increase the interval more gradually (e.g., in 5-second increments).

Problem: The student continues play with his hands on his lap when at the desk.

Solution: Place two hand prints on the desk to indicate where the student should place his hands. Gradually remove the hand prints so that the student can keep his hands on the desk without the hand prints as a prompt.



Keeping Hands Appropriate While Sitting (Continued)

Helpful Hints

- Remember, most people don't keep their hands perfectly still. Allow a reasonable amount of movement, keeping in mind what is socially acceptable.
- Make sure to gradually increase your distance from the student once he is able to keep his hands appropriate. Many activities (e.g., circle time) will require that the student demonstrate this response when an adult is not directly next to him.
- If a student has trouble keeping his hands appropriate for longer intervals, try delivering rewards throughout the interval. For example, drop snacks into a cup as the student responds correctly or provide tokens during the time interval. Gradually increase the time between delivery of rewards.

Sample Skills to Teach

1. Keep hands still in lap
2. Keep hands still in pockets
3. Keep hands still down at sides
4. Keep hands still while waiting (no other activity)
5. Keep hands still during an individual lesson
6. Keep hands still during a group activity (e.g., story, music)