

SCISSOR CUTTING!

Occupational Therapy Department

WHY IS SCISSOR CUTTING SO
GREAT? AND SO TRICKY...

WHAT SKILLS GO INTO SCISSOR CUTTING?

1. Grasping the scissors
2. Holding the paper
3. Use neutral positioning
4. Open and close scissors
5. Snip forward
6. Shift hand holding the paper

Open web space

Hand strength

Fine motor/ radial hand
development

Visual motor

Attention

Bilateral coordination

Proprioception

Frustration tolerance

PROGRESSION OF SCISSOR SKILLS

@OTNEXTDOOR

AGES 2-2.5



- Opens and closes scissors (doesn't hold correctly).
- Practice with tearing paper or cutting Playdoh.

AGES 2.5-3



- Makes single snips.
- Try practicing snipping food (ie banana, cheese), straws, stickers, cardstock.

AGE 3



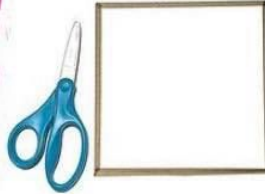
- Begins to cut in forward motion across 6" line.
- Child begins to use helper hand to hold paper.

AGES 4-4.5



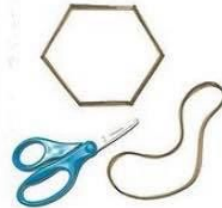
- Cuts down a 6" line within 1/4" of cutting line.
- Cuts curves and a circle.

AGES 4.5-5



- Cuts a square within 1/4" of cutting line.

AGES 5-6



- Cuts complex shapes within 1/4" of cutting line.

COMMON STRUGGLES FOR OUR KIDDOS



Using appropriate speed and pressure

- ripping paper
- choppy snips
- safety risks
- Difficulty closing the scissors
- Frustration
- Loss of self-confidence and intrinsic enjoyment

Positioning in neutral

- pronated wrist
- winging elbows
- holding paper with fingers up

RIPPING THE PAPER

- moving the scissor hand too quickly
- not fully closing our scissors
-

Proprioceptive feedback

-Use thicker paper

Prompt hand repositioning

Do a regulating activity before you start cutting

Start with shorter lines

Practice skills in isolation, just closing the scissors, use verbal or physical cues

Choose an activity that is achievable





ELBOW OUT

- Low core stability and strength
- Difficulty turning the paper, repositioning hand, trying to turn the scissors with whole arm

Stabilize core with chair and table positioning

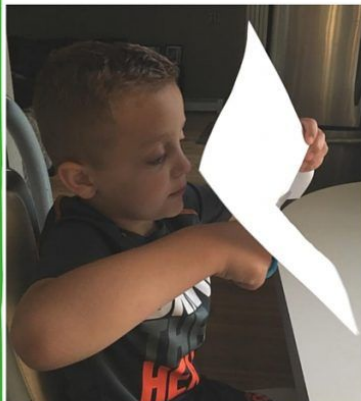
Provide proximal stability

Increase core and arm strength

Assist in positioning hands correctly

Model grasp repositioning





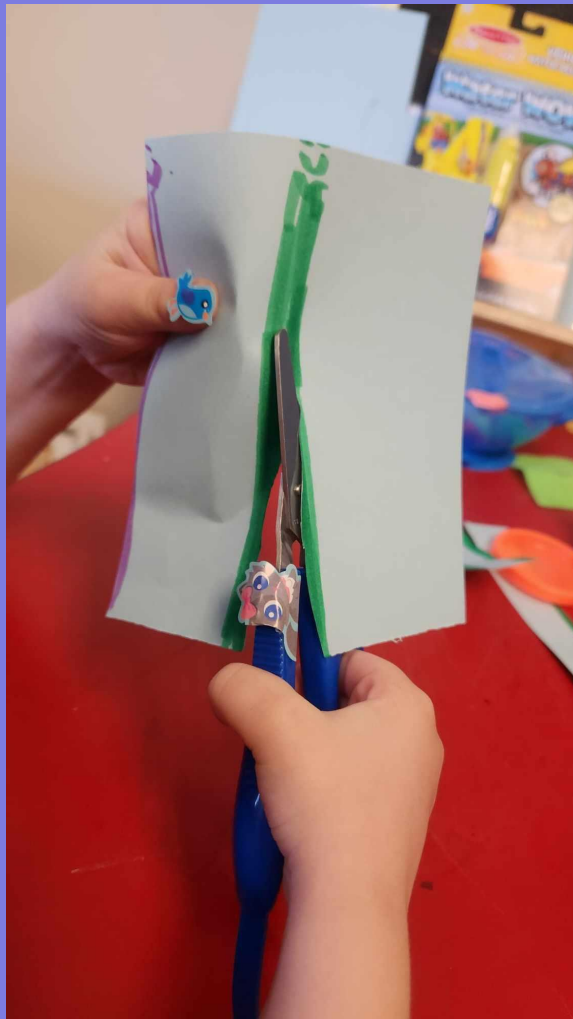
OT Trick!

When a child starts hold their elbow out due to poor shoulder stability,



stick a folder under the arm to teach your child the correct position for cutting!

VISUAL CUES TO HELP WITH POSITIONING





be



Scissors Skills Hack:

Hot glue googly eyes to the thumb part of your scissors-
The Scissors Should be "Watching You Cut!"

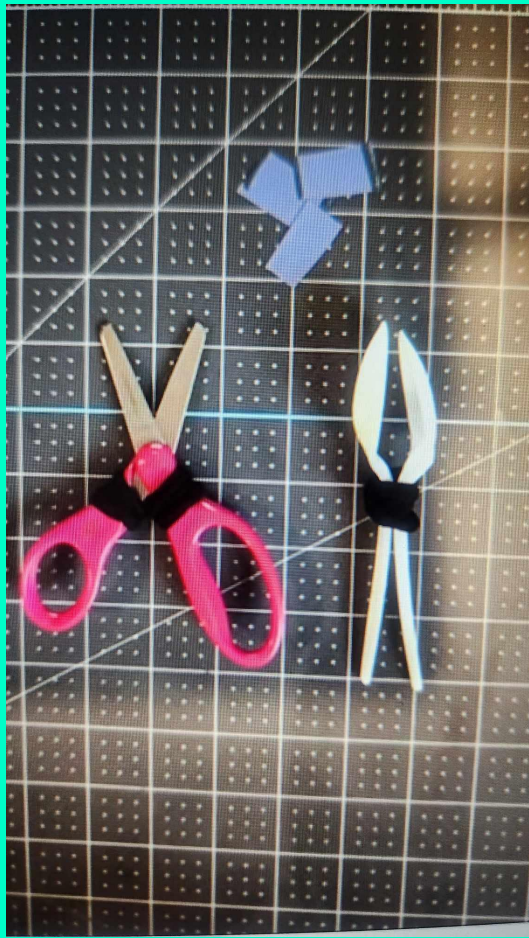
MissJaimeOT



LOOP SCISSORS AND SPRING SCISSORS

-automatically open





LOW-BUDGET DIY SPRING LOADED SCISSORS



SHARE YOUR KNOWLEDGE AND IDEAS!

-What tips and tricks do you use?

-How do you help your kids feel successful and self-confident to increase motivation and enjoyment and avoid frustration and helplessness?



QUESTIONS

