

# Scissor Skills

Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

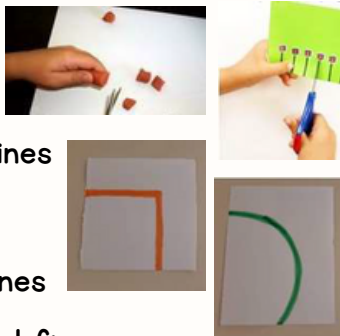
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## Positioning

1. Thumb in the small hole, 2-3 fingers in the big hole
2. Thumbs on top
3. Scissors pointing away from the body
4. Open and close the scissors slowly
5. Keep elbows close to sides of the body

## Progression of Cutting Skills

1. Snipping
2. Fringing
3. Straight lines
4. Corners
5. Curved Lines
6. Shapes and figures



## Cutting: using two hands



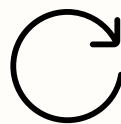
**Bilateral coordination:** using both sides of the body in a controlled and organized way.

- Cutting is a skill that requires both hands to work together, one hand doing the cutting, and the other as a helper hand, stabilizing and turning the paper
- Practice activities that use both hands:
  - Lacing and beading
  - Mr Potato Head
  - Catching a big ball
  - Stirring when cooking
  - Tracing activities
  - Icing cookies
  - Building with small blocks
  - Playing musical instruments

## Cutting shapes: Which direction?

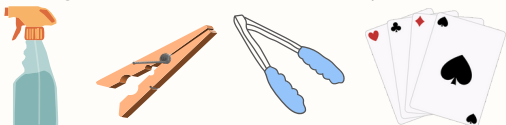
Left-handed

Right-handed



## Scissor-Free Practice

Try activities that are similar to the cutting motion and use a helper hand!



Clothespins, spray bottles, tongs and tweezers, card games

## Types of Scissors



- Left-handed scissors for left-handed students
- Spring-loaded scissors and loop scissors are easier to use as they spring open