

Rings on the Hook Game©



Encourage the residents to remove the rings from the hooks and then put them back on again. Residents can do this when sitting in their wheelchairs or when standing. This can also be used as a tossing game. This activity can be made into a cognitive activity by color coding and labeling the hooks. This item is useful for individuals of all functioning levels who need a distraction for a short period of time.

Cues for this action: “Here are some rings that you can place on the hooks on the board hanging up on the wall.” *Demonstrate* - Remove some of the rings from the hooks and then replace the rings on the various hooks on the board. Cognitive: “Place the red ring on the hook labeled red.” Game: Toss the rings on the hooks on the board. *Now cue*- “Now you try it.”

Promotes:

1. Reaching and range of motion of upper extremities.
2. Eye-hand skills.
3. Focus and concentration.
4. Sense of achievement.
5. Balance-if standing.

Discussion ideas:

Did you ever play games at a carnival?

Which hook is the hardest to get the ring on?

Do your arms feel tired?