

# Build with the 'wrong' hand

*A challenge to strengthen bilateral coordination, fine motor skills, coordination, perseverance, and a growth mindset.*



## **Aim:**

To build a creation using your non-dominant hand. And only that hand.

## **Items Needed:**

- Random collection of LEGO bricks, or a small LEGO set

## **Activity Instructions:**

Step 1: Choose if you would like to challenge yourself to building a MOC (My Own Creation - so something you have made from your own imagination) or a small LEGO® set that would take 30-45 minutes to build.

Step 2: If building a MOC, make sure you spend at least 30-45 minutes on this creation. Add the small details, make it look as complete as you can.

REMEMBER you can only use your non-dominant hand. Put your other hand behind your back, or sit on it if needed.



## **Questions for reflection:**

- How did it feel to use the hand you don't normally use?
- What was the hardest part? What was the easiest part?
- What strategies helped you build successfully?
- What did you do when you got stuck or frustrated?
- Was there a moment you wanted to stop? What helped you keep going?
- What are you proud of in your build today?
- What did you learn about yourself as a learner?
- How did using one hand change your design or your ideas?
- What did you notice about how your hand and fingers had to move?
- Did you get better at controlling your hand as you kept building?
- Did you have to concentrate more than usual? Why?
- What helped you stay focused?
- Would you do this again? Why?



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