



Study Aim

The aim of the study was to find out whether children with dyspraxia could learn everyday movement activities by observing movement demonstrations whilst at the same time imagining the feelings of doing the movements.

Method

28 children with dyspraxia aged 7-12 years tried to learn four movement skills:



Shirt buttoning



Using cutlery

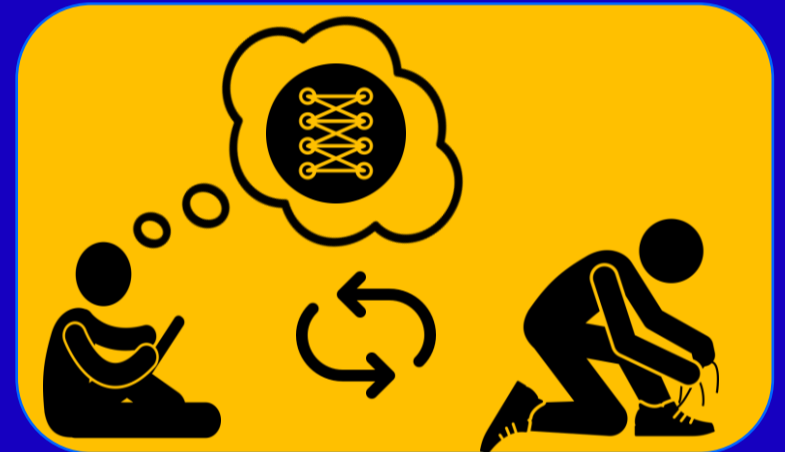


Tying shoelaces



Stacking objects

One group watched movement demonstration videos on an iPad whilst imagining the feeling of doing the movements, then had a go at practicing the activities. They practiced like this for 10 minutes on each skill, four times per week, for four weeks.



The other group played a puzzle game on an iPad, then had a go at practicing the activities. They practiced like this for 10 minutes on each skill, four times per week, for four weeks.



Results

All children improved at the tasks, but children who watched the videos whilst imagining the movements improved most at shoelace tying and object stacking.

The videos were really helpful for learning shoelace tying: 89% of those who couldn't tie laces at the start of the study learned it using the videos but only 44% learned it in the other group.

What next?

A free video library of movement demonstrations will now be developed to help children with dyspraxia learn everyday activities.

This research was funded by the [Waterloo Foundation](#)

[Click here to read the full study](#) by Scott et al. (2023) published in PLOS One

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