

What is “Watch me do it”?

Watch me do it is a website containing first-person viewpoint video demonstrations to help children with dyspraxia learn everyday movement skills.

The website is completely free-to-access for children, families, health professionals, teachers, or anyone else!

There are currently demonstration videos for 27 skills, provided by typically developing children, with left- and right-handed versions available.

The first-person viewpoint makes the movements easier to copy to help children with dyspraxia learn.

Viewing instructions encourage children to either “watch, then copy” or “imagine the feeling of making the movements while watching, then copy”.

Video speeds can be adjusted if required.

“Top tips” are provided for each skill, developed with occupational therapist input.

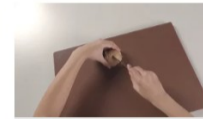
Click the link or scan the QR code to access the website: <https://watchmedoit.mmu.ac.uk/>

Watch me do it Video library

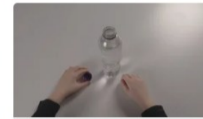
Our research has shown that watching video demonstrations recorded from a first-person viewpoint can help dyspraxic children learn everyday movement skills. [Read More](#)



Buttoning a shirt



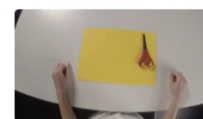
Chopping vegetables



Closing a bottle



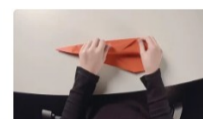
Closing an envelope



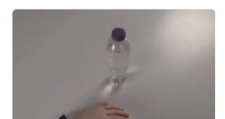
Cutting paper with scissors



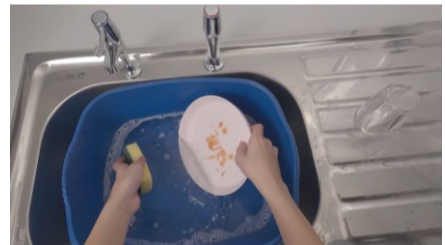
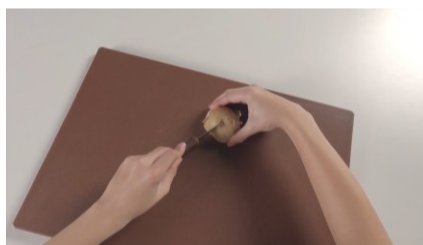
Fixing inside-out clothing



Making a paper plane



Opening a bottle



Scan to access:



Funded by:



Research-informed

Our research showed that these videos could help children with dyspraxia learn skills like shoelace tying and object stacking more easily.

We then made the website to help more children and families.

Read a summary of the research on Movement Matters:



Co-produced

Individuals with lived experience of dyspraxia and professionals who support dyspraxia told us which skills to include in a social media survey.

An occupational therapist ensured the demonstrations showed appropriate functional solutions for each skill and helped develop “Top tips” for each skill.

What next?

We hope to keep developing the website by adding more skills videos based on feedback from the dyspraxia community. Please email DCDRResearch@mmu.ac.uk if you have any suggestions for new skills videos or other suggestions for how to improve the website.