



Peeling a Banana

Dyspraxia DCD Ireland ADL Clinic Resource

See intro document for support in teaching and learning steps as well as further safety precautions and info.

It is encouraged to practice the skill yourself beforehand and to try teaching the skill to someone else to troubleshoot any issues that your child may encounter along the way.

Sequence of Steps

Gather the equipment needed:

- ✓ Banana
- ✓ Bowl, tray or container for peels
- ✓ Desk/Table/Counter
- ✓ Non-slip surface or plate

Option 1:

1. Place a non-slip surface such as a Dycem mat on the table where you will be working.
2. There are two ends of the banana. The stem (the stop with the stalk) and the bottom (with the end).



Banana stem



End of Banana

3. Hold the banana in your non-dominant hand with the stem facing down.
4. Pinch the banana at the bottom/end with your dominant hand to tear the skin. If having difficulty, consider using your nail.
5. Pull on the end and peel the skin downward in strips.
6. Continue peeling the rest of the skin downwards in one or two strips until you can access the fruit.
7. Enjoy your banana.

Option 2:

1. Place a non-slip surface such as a Dycem mat on the table where you will be working.
2. There are two ends of the banana. The stem (the stop with the stalk) and the bottom (with the end).
3. Hold the banana in your non-dominant hand with the stem facing up.
4. Grasp the stem in your dominant hand and snap the stem backwards in a sharp movement.
5. Pull on the stem and peel the skin downward in strips.
6. Continue peeling the rest of the skin downwards in one or two strips until you can access the fruit.
7. Enjoy your banana.

Practical Tips

- Consider use of a holder for your banana while peeling such as a spike board or jar holder.
- Less ripe bananas are harder to peel, and the peel comes off easier on riper bananas.
- Practice in a less pressurised situation, such as outside of mealtimes.
- **Grading:** as your child masters the skill over time, think about carrying out the task in more difficult scenarios such as in a busier environment.

Adaptive Equipment

- Spike board
- Dycem non-slip sheeting
- Jar holder

Disclaimer:

It is the responsibility of the caregiver to ensure that the child is supervised by an adult/caregiver while completing all exercises or recommendations during activities outside of the OT calls and that if there is any doubt in relation to the strategy or you or your child's ability to perform this safely, it should not be completed.

It is the responsibility of the caregiver (or the individual if over 18) to ensure that the location of any activities or interventions being undertaken is deemed safe.

If you or your child experiences any discomfort or strain the activity should be stopped immediately.

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