

PLINK-OT



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This PLINK-OT board can be a fun way to encourage participation in activities, whether it is used as a reward system, a decision-making tool, or a just a fun activity. It may also be used for fundraisers or events, if needed. This game can be used to work on many physical, social, and psychological traits and can be adapted to fit many needs. Occupational therapy is about finding ways to make things fun and interesting and this board can help with that. Who doesn't like a fun game? By adjusting the board to fit an individual's needs, such as moving it to the lower level, it can be enjoyed by most!

Instructions to make your own

The Board

Materials:

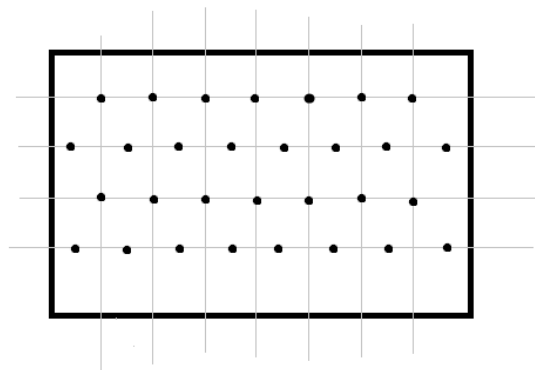
- Sheet of 5/8" Plywood
- Box of 2 ½ "nails
- 1x3" board
- ¼" plywood (only a small part-1x1' will be plenty)
- Screws
- 3.5 ft x 2ft Plexiglass (cut at hardware store)
- ½" diameter dowel (4 pieces, about 2" long each)
- Ping pong balls

Tools: Hammer, drill, table saw, pencil, ruler, glue.

Start with a piece of plywood and cut it to be 4x2ft. This will serve as the back of the board.

*Please note that measurements can be adjusted

Decide what will be used as the token or item to be dropped through the pegs. This model uses a ping-pong ball because they are easily replaced. Each peg needs to be placed so that the space is slightly larger than whatever item will be used. These pegs are 3.5" apart along the row and the next row is 3.5" below. Rows are arranged to be offset so that pegs do not line up vertically and horizontally. See diagram below.



Imagine that each gray square represents 3.5 x 3.5"

Use a pencil to mark the placement for each peg on the 4x2' piece of wood. Mark enough rows so that there is about 8 inches left at the bottom, unmarked. To make it easier, use a ruler to mark a piece of wood or sturdy paper every 3.5" then use this as a guideline for marking the peg spots. If you do this, don't forget that every other row will need to start 1.75" over to the left or right to make the pegs offset.

Once spots are marked, use a small bit to drill a hole. Be careful not to go all the way through the wood.

After drilling, begin placing nails. Again, be careful not to go through the wood.

Once all nails are in place, check the back of the board to ensure to points are sticking out. If they are, just hammer them back in a bit. Sand over back to smooth any loose splinters of wood.

Next, cut the 1x2 so that two pieces are 4 feet long and one piece is 1 ft. 10 in. These will be the edges of the board. Attach them by screwing them from the back of the board.



Before attaching the bottom piece, use a saw on a low level to make slits for the dividers to sit in, spaced 3.75" apart which gives 8 equally spaced slots. After this is done, it can be attached.



Next cut the $\frac{1}{4}$ " plywood into 2" by 5.5" rectangles. You need 7 of these. These will be the dividers at the bottom. Place them in the slits on the bottom piece of the board. Use glue to secure them, if necessary or desired.

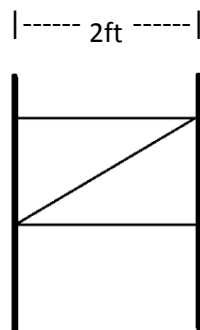
If making the stand also: Use a drill bit to make holes in the side pieces 8.5in from the top and 20.5in from the top. There will be two holes on each side for the dowels. Use a drill to make screw holes in the plexiglass, at the corners and in the middle of the long sides. It may be helpful to place wood on either side while doing this to prevent it from cracking. Next, it can be attached to the front of the board using screws. Plexiglass will not reach the bottom of the board as there needs to be an opening to retrieve the ping-pong balls.

The Stand:

Materials:

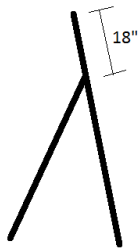
- 2x4" boards
- 1x1" wood
- Chain
- Screws
- Wheels or Castors
- 2 Nuts and bolts

Cut two pieces of 2x4 to be 62" long each. Use a $\frac{5}{8}$ " drill bit to make slots for the dowels on the board to sit in. They will need to be $\frac{1}{2}$ " wide and about 1" deep. Make 3 on each side, 2in, 14in, and 26in from the top. Connect these two boards using a "z" pattern on the back side. Screw one piece horizontally near the top and another horizontally slightly below the middle. Next, place a piece diagonally to complete the "z" as shown below. Legs need to be 2ft apart so the board fits in the middle.



Cut two pieces of 2x4 to be 48in each. These will be the back legs. Cut one piece to be 28in. Use screws to connect the two longer pieces with the 28in piece at the bottom to make a "U" shape. Attach wheels or castors on the bottom of the 28in piece.

Attach the back legs to the front using a nut and bolt. It should be attached 18" from the top of the front legs. It will look like this from the side:



To stabilize the frame, use two pieces of 16-18" long chain. Use screws to attach it to the lower horizontal bar on the front legs, about 5 inches in from the outer edge. The other end will attach on the back side of the back legs. Putting it on the back side allows the stand to fold up without pinching the chain.



Activities

1. Game Challenge- Using point values as the prizes, players can challenge each other to see who can get the most points. This is a great activity to practice taking turns and social interaction with peers. It also addresses frustration tolerance because the ball may not go where you want it to go! Vision and attention are important when playing this game to see where the ball goes and track the ball along the way.
2. Reward Tokens- As part of class tasks or assignments, ping-pong balls can be given out as tokens for doing a good job. For each token you get, you get a chance to play with the game. This will be an extra motivator to do good, in hopes of more time for playing the game! This may increase level of arousal because the idea of a game is engaging.
3. Decision Drop- When a decision needs to be made, the board can help! Depending on the classroom or environment the board is in will determine what is used for prizes. This is a fun way to address decision making and memory. The player has to decide where to drop the ball but then the bigger decision is up to the board. The group then can work on memory taking the results from the board to an activity. For example, if the cooking class needs to decide what to cook, slots would represent different recipes and wherever the ball lands will decide what the class makes! This could be expanded upon so that the class can use the results to make a grocery list, plan a budget, etc. Another example of this for a different class would be to decide the exercise routine. Slots will represent various exercises. Each person has a turn and the workout will depend on where the ball lands
4. Ball Hunt- If playing with a group, ping-pong balls can be placed hidden around the room and players can find them, similar to an egg hunt. Once the balls are found, players can drop the balls on the board, if they want. In finding the balls among other items, players work on figure group perception. This also addressed recognizing the balls and initiating the activity of looking for them.
5. Ball Races- Two players can drop a ball at the same time and see which one reaches the bottom first. This is a race so impulse control and attention will be important! Some calculation and understanding of sequencing (first, second, etc.) will be useful in this game.

Playing this game with any variation or activity involves many of the same physical components.

- Joint mobility- Raising shoulder to reach the top, lowering arm to retrieve the ball
- Coordination- Dropping the ball where you want
- In-hand manipulation- To hold and release the ball
- Eye hand coordination- To move your hand where you want to drop the ball, to pick up the ball
- Gross motor movements- to approach the board, sit or stand in front of it
- Reach-Reaching up to drop the ball and reaching down to get it