



Take 5

Newsletter for Educators

1 Fine Motor

Cutting and Scissor Skills

To build scissor skills...

- Practice paper tearing and opening/closing motions using tweezers or tongs.
- Have a variety of scissor types available: left-handed, right-handed, spring-assisted, loop etc.
- Remember, left-handed and right-handed scissors are different! Right-handed scissors, if oriented properly, will have their top blade on the right and vice versa for left-handed scissors.
- Spring-assisted scissors support students who are developing hand strength or are struggling with coordination.
- Use a craft like making snowflakes to introduce snipping and gradually progress to cutting along straight lines.
- Practice on card stock or on thicker lines for younger students.

3 Emotional Regulation

The Importance of Co-Regulating with Students

- Get curious: consider what lies below the surface, show an interest in who they truly are
- Build positive relationships: recognize their strengths, empower them to make decisions about their learning



“Not giving you a hard time, having a hard time”

2 Executive Function

Get Ready → Do → Done

DO: This phase focuses on the sequential steps required to achieve the "Done" goal. It's about following instructions, gathering information, and performing the necessary actions to progress towards completion. Task initiation can be challenging for a lot of students. By breaking down tasks into smaller, more manageable steps, the strategy helps individuals overcome initiation difficulties and increase their ability to complete tasks. Some ideas to support with engaging include external cues and reminders to support (or visual checklists to go through and check off). Another helpful strategy is using a visual timer (on smartboard) to show how much time is allotted to a task.

4 Activities of Daily Living

Dressing

- Have a step-by-step visual with order of dressing for winter weather (e.g., (1) coat, (2) boots, etc.). Ask your OT if you need an example!
- Use stickers to mark left and right foot, or stickers that need to line up (e.g., half circle) when oriented correctly.
- Check YouTube for songs to support getting ready and outdoor dressing routines.
- Consider offering a chair or bench for students to use when putting on and taking off footwear.
- Consider having a “Zipper Club” and using zipper practice as a centre activity.

5 OT TRICK OF THE TRADE

Celebrate positive achievements and recognize students regularly! Consider methods such as catch a kid, star student certificates, daily “lucky duck” or special student, or tracking with stickers.

If you are interested in more information or have questions, please reach out to your school's Occupational Therapist!