

Take 5

Newsletter for Educators

1 Fine Motor



Pencil Grasp

To support the development of an efficient pencil grasp...

- Trial simple cues such as “crocodile snap” for primary students (tinyurl.com/y5md7t7) and “pinch and flip” for intermediate students (tinyurl.com/2wzs2naz).
- Have a variety of writing tools available to support their grasp development: pip squeaks, broken crayons, golf pencils, thick pencils.
- Provide pencil grips for students to try.
- Build strength and encourage proper positioning by working on vertical or slanted surfaces: whiteboard, easel, three ring binders, etc...

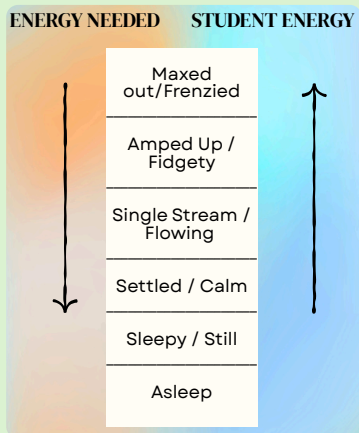
2 Executive Function

Get Ready → Do → Done

DONE: Looking at task completion, it is important to review success criteria and the concept of what a completed task is including methods how to do a check on what does done look like? Visuals /examples of finished products can be helpful to support this skill as well as teaching more senior students how to work backwards from a finished product.

3 Emotional Regulation

- Self-regulation is when a student’s energy aligns well with the energy needed for the task at hand
- Sensory strategies can help make energy levels match
- High intensity, fast-paced movement breaks can be a great alerting strategy. If the goal is quiet/calm independent work, it’s best to pair with a calming strategy like heavy work or deep breathing.
- Ask your OT for more information on how to use sensory strategies to support



“When energy matches the task, learning flows”

4 Activities of Daily Living

Lunch Time

- Put a jumbo paperclip through the zipper pull of lunch bags or coats.
- Have scissors available to support independence with opening snacks and encourage students to open their own containers. Consider offering opening containers as a fine motor center activity.
- Use a visual timer to indicate how long students will have to eat during snack/ lunch time.
- Encourage students to tune into their body cues and respond when they are feeling hungry and thirsty. Ask your OT for more information on interoception.



5 OT TRICK OF THE TRADE

Consider having central classroom bins for material storage (pencils, erasers, scissors) to support organization of students’ desks, responsibility for use and return, and prevent lost items through the school year!

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