



Take 5

Newsletter for Educators

1 Fine Motor

Hand Strength & Dexterity

To support the development of hand strength over the summer months...

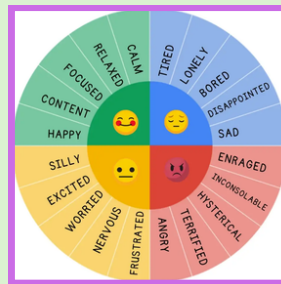
- Try out play and outdoor activities that use different hand skills: gardening, playdough, sidewalk chalk, squeeze bottles and spray bottles.
- Get your kids involved in arts and crafts like clay model building, bracelets and beading, finger painting, origami, etc..
- Include your kids in household chores: folding laundry, cook a meal together, wiping down surfaces, etc...
- Find games like operation, jenga, lego, snakes and ladders, etc...

2 Executive Function

- Problem solving with check ins or learning supports is helpful. Trouble shooting examples of supports when stuck (asking a friend, asking for help, reviewing the steps or checklists). This can be done in a game/craft activity to practice these to be able to use them in a learning environment.
- A review of what went well and what was challenging following an activity is also helpful to determine what can be applied to future similar activities.

3 Emotional Regulation

- It is important for students to have emotional awareness and know that it is ok to feel different emotions! Introduce an “Emotions Wheel” and use it to give students the language to express their feelings. You may also discuss how emotions create a response or behaviour.
- As educators, model the emotion talk! Label your emotions specifically, identify cues, and model the use of strategies AND verbalizing what strategy you intend to use. Your students look up to you!
- A mirror is a helpful tool – get students to practice what it looks like can be a tool to help build awareness.



“Regulate before you educate”

4 Activities of Daily Living

Teaching New Skills

- Consider using forward chaining and backwards chaining to teach new skills.
- Forward chaining is teaching the first step and progressively adds subsequent steps in order until the entire sequence is mastered.
- Backwards chaining is teaching the last step and progressively adding the subsequent steps in reverse order. Backwards chaining may be more successful for children, especially those with low frustration tolerance.
- Hand over hand support may be helpful for students who struggle with motor planning.

5 OT TRICK OF THE TRADE

Change the writing paper to support grade appropriate demonstration of letter size and placement (half dotted lined paper , wide lined paper, highlighted baseline paper, etc.)