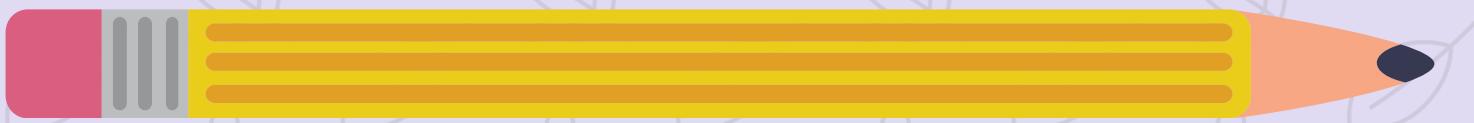


VISUAL MOTOR/HANDWRITING

Strategies for spacing between words



- Use finger spacing or spacer stick for spacing between words
- No touching rule for letters
- "Spaghetti & Meatball" spacing - spaghetti spacing between letters and meatball spacing between words
- Stickers between words- provides a visual while also working on pincer grasp and fine motor control
- Box writing



MANAGEMENT OF CLASSROOM TOOLS

Strategies for scissor use

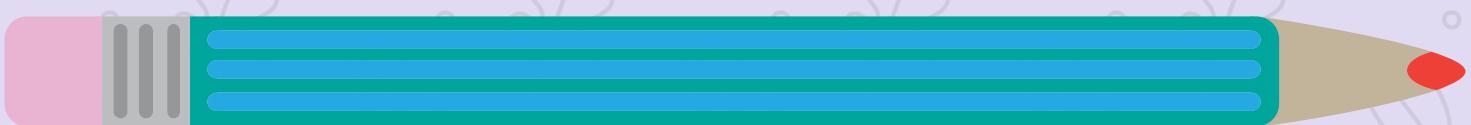


- Cut on various types of material: cardstock, construction paper, paper bags, wax paper, straws, sandpaper
- Remember "THUMBS UP" and elbow close to body
- Hand strengthening activities such as spreading fingers in a rubber band or putty/play dough, spray bottle squeezes
- Pre-scissor skill practice: tear up paper using both hands



MANAGEMENT OF CLASSROOM TOOLS

Strategies to improve
pencil grasp



- Hold a cotton ball/penny against the palm using ring and pinky finger while holding a pencil with a tripod grasp
- Small writing utensils such as a golfer's pencil or breaking a crayon in half are easier to grip and manipulate
- Pencil grip varieties: soft grips for finger placement, triangle grips for finger posture, spiny grips for tactile feedback



Occupational Therapy Month
La Grange School District 102

FINE MOTOR

Strategies for hand strengthening



- Pinching with clothespins to work on different pinches (alternating thumb with index, middle, ring, and pinky)
- Playing with play dough - flattening, rolling, pinching, pulling, etc.
- Hole puncher - making crafts such as books or snowflakes
- Building (pushing and pulling) with legos
- Bubble wrap popping
- Use tweezers to pick up cotton balls
- Use a spray bottle to erase sidewalk chalk



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