

## **Things to try before referring to Occupational Therapy**

### For movement/attention

- Try a hand fidget
- Frequent breaks
- Chew toys, gum, hard candy
- Movement for the WHOLE class prior to seat work
- Noise blocking headphones

### Poor writing

- Slant board
- Pencil grips
- Raised-lined paper
- Wider-lined paper
- Popsicle stick for spacers or finger or paper clip
- Graph boxes for math numbers
- Different size and shape pencils (triangular)
- Small crayons or pieces of chalk (so only 3 fingers will fit!)
- Daily practice of letters that are formed the same way (c, o, a, d, g, q; l, t, b)
- Manipulative letters for spelling tests
- Verbal answers for tests
- Study buddy
- Bulb top crayons

### Poor cutting

- Scissors-spring opening, three-hold Fiskars, loop scissors
- Modify work to be only straight lines to cut, widen margins

### Seating options

- Foot rest for dangling legs
- Desk height changes
- Back cushion (pillows)
- Location in classroom-move to front to see board
- Study carrel/work space to decrease distractions

### Copying notes

- Have a copy at their desk
- Outline to fill in during class instead of copying all notes