

“How Does Your Engine Run?”

This program is appropriate for children ages 4 and older.



“The Alert Program” to improve self-regulation, attention, and learning in the classroom:

- 3 session staff in-service to learn how to implement this program in the classroom:
 - Adults will learn how to help children of all ages identify their “engine level” through age-appropriate activities.
 - Adults will be provided with a variety of multi-sensory strategies that can be used in the classroom to improve regulation.
 - Adults will learn how to teach children to use the strategies independently.
- 6 hands-on sessions for students:
 - Children will learn to identify their “engine level” through coloring and cutting activities.
 - Children will demonstrate their “engine level” through various movement activities.
 - Children will learn activities to help their engine run “just right” in the classroom environment.

“Handwriting Without Tears”

This program is appropriate for children ages 4 and older.



- 4 session staff in-service to learn how to teach handwriting skills using a developmental approach:
 - Adults will learn how to identify when children are ready to begin handwriting activities and if/when intervention is needed.
 - Adults will learn various multi-sensory activities to promote handwriting skills.
- 10 week program for students:
 - Children will use a variety of tools in order to facilitate a mature grasp pattern.
 - Children will perform a variety of fine motor activities to promote hand skill development.
 - Children will participate in coloring, tracing, and drawing activities to improve visual motor skills.
 - Children will learn how to correctly form capital or lower case letters (depending on age) using the “Handwriting Without Tears” program.

- Children will learn how to write with proper spacing, orientation, and sizing of letters.

“Finger Play” Programs

This program is appropriate for children ages 3 and older.



- 4 session staff in-service to learn how to improve fine motor/hand skills:
 - Adults will learn the typical development of fine motor/visual motor skills.
 - Adults will be provided with age-appropriate activities to do in the classroom in order to promote a developmental foundation for fine/visual motor skills.
 - Adults will learn how to improve grasping skills with a variety of tools, including writing utensils and scissors.
- 8 week program for students:
 - Children will begin with a brief assessment to determine their current fine motor/visual motor skills.
 - Children will perform a variety of fine motor/visual motor skills based on their skill level.
 - Fine motor activities will include strengthening, coloring, cutting, and drawing. Visual

motor activities will include mazes, dot-to-dots, and color-by-numbers.

- All of the activities will be based on a theme (i.e., sports).



Leaps and Bounds

Pediatric Occupational Therapy