

Occupational Therapy in School

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Occupation: a job or way of spending time

A child's job is to be a student



Performance Areas

- **Sensory integration:** for posture, self-regulation, attention, motor sequencing and planning
- **Fine Motor Skills:** for the manipulation of classroom tools and self-help skills.
- **Visual perception:** in order to interpret, analyze and give meaning to what is seen.
- **Visual motor integration:** for coloring, drawing, handwriting



Sensory Processing

The procedure in which we take in and interpret messages from our bodies and surroundings, and organize purposeful responses



- Muscle Tone / Postural Stability
- Self-Regulation / Attention
- Motor Planning, Coordination, Bilateral Integration
- Sensory Seeking / Avoidant Behaviors



Fine Motor Skills



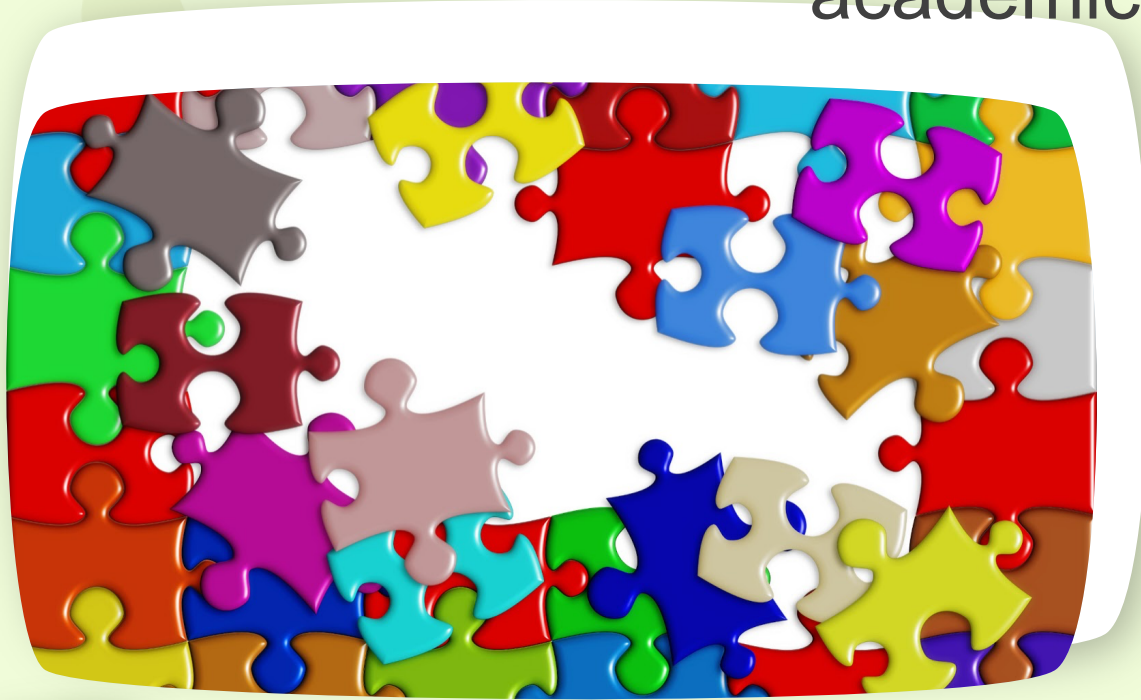
Relates to strength, coordination and dexterity for the manipulation of classroom tools (pencils, scissors, glue, tape, hole punch, ruler etc.) Required for self-help skills (managing clothing and fasteners, tying laces, opening snack/lunch containers, utensil usage).

- Grasp Patterns
- Finger Opposition
- Intrinsic muscle strength
- In-hand manipulation
- Speed and dexterity



Visual Perception

The ability to interpret, analyze and give meaning to what is seen.
Visual perception is an important cognitive skill required for all academic tasks.



Visual perception is required for...

- Learning letters
- Sight words
- Spelling
- Spatial concepts
- Problem solving
- Conceptual skills



Visual Perception



- Visual Discrimination
- Visual Memory
- Sequential Memory
- Spatial Relationships
- Visual Figure Ground
- Form Constancy
- Visual Closure



Visual Motor Integration

The ability to integrate visual stimuli with motor control
Eye-hand coordination



- Coloring
- Cutting
- Pasting
- Drawing
- Handwriting



Referrals for Occupational Therapy come from the Instructional Support Team (IST).

- An area of deficit is identified
- An OT observation may be performed
- It is determined if a student requires further assessment through a formal evaluation
- Classroom support may be provided with suggestions for modification, or activities to facilitate development



What does a typical OT session look like?

- Engaging, motivating activities
- Multiple performance areas targeted within each session
- Usually treatment is provided within a small group



Visual Perceptual

- Focus on discrimination skills
- Concepts of size, proportion, position & directionality
- Puzzles/Geoboards
- Tangram designs
- Eye-Spy/Spot-It
- Picture Finds
- Letter/Word Searches

Occupational Therapy Activities

Visual Motor

- Emphasis on integrating visual stimuli with motor control (eye-hand coordination)
- Mazes, Crossword Puzzles
- Drawing/Copying/Handwriting



Sensory Motor

- Use of specific movement activities to target the head, body and eye movements
- Use of trampoline, scooter board, ramp, or directed movement games including jumping, rolling, or eye/head movement games

Fine Motor

- Use of tools to facilitate grasp including pencils, markers, glue, scissors, hole punch, push pins
- Dice, beads, coins
- Tongs, clay
- Clothes Pins



HANDWRITING SKILLS

Focuses On...

- Letter Formation
- Line Targeting & Orientation
- Spacing & Organization on Page

Purpose:

To develop fluency & automaticity



Writing will become a tool for the completion of higher-level academics



QUESTIONS ?

THANK YOU!

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