

Occupational Therapy Tips for the Classroom



- Engage the children in push/pull and/or heavy work activities when possible (Examples: pushing chairs under the table, carrying a bucket of blocks or books, etc).
- Provide at least 3 movement breaks during the day (morning, mid-morning, afternoon).
- Have children work on a vertical surface whenever possible.
- Try a multi-sensory approach to printing: form letters in sand, rice, hair gel in a zip-loc-bag (trace letters), air letters, play dough letters, finger painting, etc.

- Establish a quiet classroom corner. This can help the child regroup and become organized.
- Keep visual and auditory distractions to a minimum.
- Use timers to indicate a clear start and end of tasks.
- Never force a hand dominance for a child.
- Never discipline by taking away recess.
- **And most importantly**, refer to an occupational therapist if concerns arise!

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