



THIS MONTH IN OCCUPATIONAL THERAPY

with Mrs. Atkinson

December 2014

Deck the Halls

By this point, your child has taken home a handful of projects they have completed in Occupational Therapy. I hope you have enjoyed seeing your child's skills develop as we work on their hand and finger strength and coordination through coloring, cutting, lacing, printing and drawing. Heading into December Break, we will have completed "magic c" lower case letters (c o a e g q) and "diving lower case letters" (r n m h b p). At this point, your child should be able to name the parts of a writing line (top, middle and bottom) as well as identifying whether a lower case letters is "tall (upstairs), middle or fall (downstairs)". Have them teach you the Alphabet Stretch! Also, many of us have been working on shoe tying. Everyone can now tie a knot by themselves. The bows continue to be tricky for many students, but we'll master it in the New Year!

What Your Child Will Be Working On:

Motor Skills

- Continuing to strengthen upper back, neck and shoulder muscles to give them a "stable" base of support during fine motor activities
- Continuing to strengthen wrist, hand and finger muscles to allow them to color, cut, draw, print and manage clothing fasteners
- Working on using two hands/arms at the same time to perform bilateral tasks like tracing and lacing

Writing Skills

- Continuing to practice printing first and last name from memory onto lined paper
- Reviewing Magic c Lower Case Letters and Diving Lower Case Letters, beginning Shrinking Lower Case Letters (s v w x y z)



Types of Activities We Will Be Doing

- **Fine Motor Precision, Coordination and Bilateral Skills:** working on special holiday gifts for caregivers, complete with festive gift bags and cards; continuing to work on forming loops for bow tying
- **Writing Skills:** Practicing printing letters in "snowflake" glitter, foam snow and with playdoh.

*A Happy, Healthy &
Safe Holiday To You
& Your Loved Ones!*



What YOU Can Do At Home:

Let It Snow!

- Paper snowflakes are adorable decorations for the holidays, and work on bilateral and fine motor skills like folding and cutting. Make a winter wonderland!

Rocking Around The Christmas Tree!

- Homemade garland is inexpensive and so pretty. Use fish wire or sewing thread and child-safe plastic needs to lace Cheerios, Fruit Loops, beads, sequins or popcorn to make garland.

Do You Want To Build A Snowman?

- Snow play is a great sensory motor activity. Make snow angels, shovel, build a snowman, have a snowball fight. All are wonderful ways to work on strengthening and coordination.

Practice These Concepts At Home:

- This month we are working on these lines/shapes/letters:
 - Letters: s v x x y z
- Talk about where the letter is on a writing line, how to draw the letter and practice making the shape with shaving cream, play doh, crayons, makers, etc.

Remember: you can find tons of OT activities and resources on my personal webpage at:
www.AnOTMom.weebly.com