

Occupational Therapy "HAND"y Helper Suggestions

If you are seeing...	You might try...
<p>HANDWRITING Awkward or weak grasp</p>	<ul style="list-style-type: none"> -Pencil grips, -Various size pencils -Short pencils or small or broken crayon pieces -Triangular pencil or crayon
<p>Spacing problems between words or letters</p>	<ul style="list-style-type: none"> -Finger as a spacer, popsicle stick spacer, or extra pencil as a spacer -Highlight lines where to write each word or letter or -Highlighted boxes to place letters or word -Use a vertical lined template under the horizontal lined paper -Use word processing as a way to reinforce spacing concepts
<p>Paper moving while student is writing</p>	<ul style="list-style-type: none"> -Clipboard (with non-skid backing if needed) -Tape paper to table -Wikki stix-Place one behind paper to stabilize page -Composition book -Encourage helper hand to support paper.
<p>Words not aligned on the line or angled down the paper</p>	<ul style="list-style-type: none"> -Wikki Stix on the baseline -Highlight the baseline -Various lined papers -Highlight side margins w/bold, colored, or textured
<p>Handwriting is too light</p>	<ul style="list-style-type: none"> -Pencil topper (to add weight) -Heavier pencil -Felt tip pen -Softer lead pencil (#4 or higher) -Use crayons -NCR paper (carbonless paper) -Add rough textures under the paper (lgt. sand paper, bumpy placemat)
<p>Handwriting is too dark</p>	<ul style="list-style-type: none"> -Mechanical pencil -pencil grips -Place mouse pad, non-skid shelf liner, or pad of paper under writing paper -Hard lead pencil (#1 lead)
<p>Hand/arm off of the desk surface during pencil/crayon activities</p> <p>Student fatigues with writing</p>	<ul style="list-style-type: none"> -Writing on slant surface (3-ring binder) -Easel or vertical surface (tape paper to board/wall) -Check posture and pencil grip -Reduce copying from the board -Skip lines.

If you are seeing...	You might try...
Poor attention to writing	<ul style="list-style-type: none"> -Highlighting or color cues -Colored overlays (filter) -Minimize content on paper -Draw in writing lines for unstructured spaces
Student grips pencil at the tip of pencil	<ul style="list-style-type: none"> -Pencil grips or rubber band wrapped around pencil as guide.
Poor hand posture/position in writing	<ul style="list-style-type: none"> -Encourage straight alignment of the hand, wrist, forearm (Hand should be under the line of print, not above or to the side) -Tilt paper so eyes can see what pencil is doing.
Poor legibility from left-handed writers	<ul style="list-style-type: none"> -Encourage alignment arm/hand in a straight line -Tilt paper to right (left corner up) -Write on angled surface -Hold pencil 1" from tip for better visibility -Support paper with right hand -Use notebook bound at top -Present materials from the right side to copy -Use back of spiral notebook as the front.
<p>MATH Poor alignment of math facts</p>	<ul style="list-style-type: none"> -Graph paper -Vertical lined template under horizontal lined paper -Turn notebook paper sideways to make columns
<p>READING Difficulty following print or keeping track of place</p>	<ul style="list-style-type: none"> -Use window strip -Change position of book to an angled position -Place book on a slanted notebook or plate holder -Use colored filter/overlay, use marker. -Use index card or sticky note as place keeper.
<p>BEHAVIOR Student having difficulty with sitting up in chair during writing</p>	<ul style="list-style-type: none"> -Check if feet are flat on floor, & elbows can comfortably rest on the desk -Lower student's desk or get smaller chair if needed -Make sure chair is pulled into the desk
Student is frequently out of chair during writing	<ul style="list-style-type: none"> -Tennis balls on diagonal legs to allow chair to rock and providing quiet movement -Sit on disco seat or slightly inflated beach ball.
Fidgeting during writing	<ul style="list-style-type: none"> -Water sports bottle -Sticky Velcro on desk -Box of fidget items to use during center time -Sit on non-skid mat -Slightly inflated beach ball, flat pillow or angled wedge -Allow short movement breaks