

4/27 OT Parent letter

Hi families,

I've been able to connect with some of you and your children on-line and it is so good to see you all. I look forward to checking in with many of you this week. This week I am going to give you a handwriting warm up to do before handwriting. This is the warm up I have started to teach your children in our meetings. This exercise helps students get input into their arms and hands which helps them know where they are in space and increases accuracy of movements. It is also helpful to do because it gets your child into a head space of "now I write". These are the steps:

1. Hold up your palm and with your other hand's thumb imagine you are pushing dots into your palm. Switch hands and make dots in the other palm.
2. Put your arm out straight and use your other hand to wrap around your wrist and squeeze. Continue to squeeze up to the shoulder and back. Switch arms and squeeze again.
3. Rub your palms together. Rub the outside of your hand with the other hand and switch. Interlock your fingers together and rub them together.
4. Clap your hands. Clap up your wrists to your shoulders and back, so your arms will be crossed as you clap.
5. Put on writing gloves by pretending to put your glove on one finger at a time. Run your hand down the tip to the bottom of each finger starting at the little finger and finishing at the thumb. Switch hands and put on your other glove.
6. Clasp your hands together and put your elbows out straight and push into your hands.
7. Keep you hands clasped and bring them under your chin. You are ready to write.

This week's handwriting will be Handwriting Without Tears Letter g for first and second grade, HWT Size Review for third, and Elevator paragraph for fourth and fifth. If you don't have a printer, just use regular paper. You can also practice letter and number writing in the sand and in a pan with

shaving cream, or salt and flour. You can also make them with crayons and paint.

I hope everyone is healthy. I will be sending more outside activity ideas that promote sensory motor development later in the week.

Ms. Faherty