

## Classroom hints

### General hints

- Position in chair - feet flat on floor, lower back supported, right angle at hips and knees.
- Desk height - 2" - 3" below bent elbow, at waist height
- Emphasize organized approach to tasks such as reading, writing ie. left to right, and top to bottom.



### Fine motor activities

- Make use of grippers, large pencils.
- Tape paper to desk and at midline (may use slight slant) or use non-slip matting with clipboard.
- Provide easy grip scissors.
- Provide large crayons.

### Free time

- Feely activities ie. textures, shapes, flour, rice, sand. (These may be tried with the eyes closed.)
- Hand exercises using plasticine, manipulating various objects from large to small, i.e. marbles, peas and rice.
- Construction activities with hammer, nails and screwdrivers.
- Games - jacks and pick-up sticks.
- Puzzles, finger paints.
- Small part construction activities ie. lego.
- Paper activities, i.e. tearing, folding, cutting.



### Reducing distractibility

- Place the child at the front of the classroom.
- Provide a structured schedule.
- Decrease distractions.
- Allow regular breaks.
- Calm down after excitement following gross motor activities by providing quiet and structured activity.
- Provide reinforcement for appropriate attention to task.