# Occupational Therapy checklist for schools and SENCOs

**If the child is struggling with their handwriting? Have you tried…?**

|  |  |
| --- | --- |
| Advice | Tick when tried |
| Check their posture- Stable position of feet? Correct table height? Correct seat size? |  |
| Using pencil grips. Trial different shapes / types such as circular or triangular. |  |
| Using different sized / styles of pen. For example a gel pen, handwriting pen or 2B pencil. |  |
| Letter formation practice such as pre writing shapes or handwriting sheets. |  |
| By allowing the child to Print if they are struggling with Cursive |  |
| Using a hand writing slope. |  |
|  |  |

**Struggling with fine motor skills? Have you tried building up hand strength by…**

|  |  |
| --- | --- |
| Advice | Tick when tried |
| Implemented the advice on our Website around motor skills |  |
| Using playdough to make different shapes. |  |
| Using games that involve tweezers or pegs to practice the pincer grip. |  |
| Games such as connect four that require fine motor skills. |  |

**Struggling with managing the environment and functional tasks. Have you tried…**

|  |  |
| --- | --- |
| Advice | Tick when tried |
| Making reasonable adjustments to support their behaviours Eg. Changes to uniform, access to fiddle toys / ear defenders, regular movement breaks. |  |
| Have you met with parents/ carers to discuss implementing consistent strategies at both home and school? |  |
| Read the sensory processing information on the website for further ideas |  |
| Use Sensory Circuits which can help you develop circuits with all the elements of alerting, organising and calming activities. Advice is on the Website |  |

**Struggling with gross motor skills? Have you tried…**

|  |  |
| --- | --- |
| Advice | Tick when tried |
| Have you tried the activities on the website |  |
| Have you Small group work or one to one sessions on specific skills. |  |
| Tried Breaking down the task into smaller sections and teaching these |  |
| Encourage participation in extracurricular sports? |  |

**Please see our website at for further details. ( it is currently being updated)**

[**https://www.ruh.nhs.uk/patients/services/childrens\_therapies/occupational\_therapy.asp?menu\_id=2**](https://www.ruh.nhs.uk/patients/services/childrens_therapies/occupational_therapy.asp?menu_id=2)

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