

# **Occupational Therapy Tip Sheet**

## PREPARING FOR GRADE ONE



Below are practice ideas to help your child prepare for grade one. Your child should be holding a pencil within their fingertips and developing improved control and accuracy. Encourage detailed drawings and participation in printing as they complete the below activities.

#### Pencil grasp:

- Pinch the pencil with thumb, index and middle finger.
- Pencil should rest in the web space at the base of the thumb.
- The side of the hand should be resting on the table.





#### Drawing:

- Draw using simple shapes (□ Δ x).
- Adults may need to place dots as targets to draw diagonals and corners.
- Add more details to pictures (clothing, fingers, shoes, birds in the sky, etc.).
- Step-by-step drawing helps develop drawing skills.



# **Cutting:**

- Cut simple shapes (squares, rectangles and triangles).
- Keep elbows "glued to sides" and thumbs up on the scissors and the paper.
- Coloured dots at the corners are a helpful visual cue for where to stop and turn the paper.
- Right-handed \*\*Children should cut in a counter-clockwise direction.
- ▶ Left-handed ♥ children should cut in a clockwise direction.

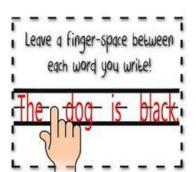




#### Printing:

- Practice printing words on a line or in a box.
- Attend to the size and placement of letters that are tall, small and hang below the bottom line.
- Encourage finger spacing between words.





### Workbook Suggestions for printing practice:

- 1. Learning Without Tears (www.lwtears.com): workbooks available for purchase in both English and French.
- 2. Printing Like a Pro!: printing practice sheets can be downloaded for free in both English and French (http://www.childdevelopment.ca/SchoolAgeTherapy/SchoolAgeTherapyClassResources.aspx).