

## Occupational Therapy Tip Sheet

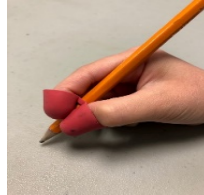
### SETTING UP YOUR CLASSROOM: GRADE TWO

**TIP 1: Have a variety of writing utensils available in the classroom.**

- Consider having a variety of pencil grips available when students need more help with their pencil grasp development.
- Mechanical pencils may help some students lighten their heavy pencil pressure.



(Grotto Grip)



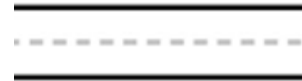
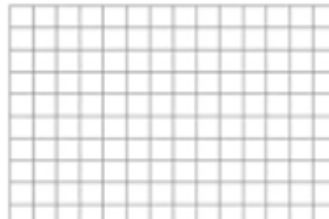
(CLAW)



(Sakolla)

**TIP 2: Choose paper that provides visual cues for printing.**

- Use paper that has a top line, dashed middle line and baseline.
- Use paper with wider spaced lines.
- Use highlight paper or graph paper to cue letter sizing and alignment.



- Provide models of printing around the classroom (consider alphabet strips on each desk for quick reference).

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm

Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

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**TIP 3: Post the morning routine for increased independence.**

- Post a routine that is easy to understand (include visuals and written words).



**TIP 4: Set up classroom with a universal design that addresses different student needs.**

- Have different desk and chair heights available in the classroom. When seated, a student's feet should be flat on the floor and the desk should be 1-2 inches above their bent elbow.
- Some students may benefit from their coat hook or locker being at the end of the row to allow for more space and easier access.
- Incorporate frequent movement breaks throughout the day to help your students stay calm, alert and focused. Save the last few minutes of every lesson to get your students moving before starting the next activity.
- Set up an area with comfortable seating and access to calming activities (e.g. reading, listening to music with headphones, deep breathing).



**TIP 5: Consider alternative seating options.**

- Give students the opportunity to generate more movement when seated (shifting weight, bouncing gently, engaging postural muscles for balance or leaning into a support or cushion).
- Alternative seating provides movement so the student might not get in and out of their seat as often and can focus more on the lesson or activity.
- Include a selection of air cushions, wobble stools, standing tables and floor cushions.



**TIP 6: Contact the Occupational Therapist at your school for more suggestions.**