



WESTWOOD PUBLIC SCHOOLS

Honoring Tradition, Inspiring Excellence, Shaping the Future

Tips from an Occupational Therapist for Incoming Kindergartners

Self- Regulation: requires the ability to register information, to decide what is important given that specific situation, to enhance the information you need and disregard the information you don't need, to use knowledge in order to make an appropriate response given the demands of the task.

Activities: organize space, set-up routines, engage the mind and body; through yoga, listening/moving to music, listening/discussing/reading stories; 1-2 step short term projects, short trips with specific goals (museum, play spaces, library), playing with friends given time limited goal-oriented activities

Whole Body Control: is necessary to be able to have the stamina to sit upright while listening to a story, to participate in morning meeting, to participate in special presentations, and all school shares.

Activities: yoga, wheel barrel walks, crab walks, inch worm, bear walks, bridges, crab soccer, roll up/over incline and/or pillows; playground climbing, hanging, swinging, monkey bars, sliding, trapeze bars; tetherball/volleyball/tennis/badminton/ throw and catch a ball; jump rope, hopscotch, swimming

Fine Motor Control: is necessary for manipulation of all the tools we use every day all day including paint brushes, crayons, markers, paint brushes, buttons, zippers, utensils, clay, and packages.

Activities: painting, coloring, cutting, arts and crafts, clay/play dough/"Crayola Magic", woodworking, gardening, filling penny rolls, playing games such as "Jacks", "Pick-Up Sticks", "Don't Spill the Beans", Origami, "Bed Bugs", "Light Bright", "Kerplunk", "Jenga", lacing, stringing beads, sewing, pop bead jewelry kits and practicing fasteners

Visual Motor Skills: are necessary for spatial relations, imagination, reading, writing and math.

Activities: building, creating, arts and crafts, multi-step projects/kits, activity books (mazes, dot to dots, hidden pictures), "Magna Doodle", "Etch-a-Sketch", "Mancala", chess, checkers, "Wiki Sticks", "Perfection", "Connect Four", "I Spy" books/games, "Where's Waldo", "Concentration"

Self Sufficiency/Personal Care Skills: are essential for feelings of competency and self-worth. These skills are crucial for the development of independence and executive function skills.

Activities: routines such as cleaning up after playing, simple 1-2 step chores (folding, setting the table, putting groceries away), learning to dress and un-dress, learning to get clothes out and put them away, cooking, dressing/caring for dolls/pets

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