



## Occupational Therapy Resources

I have put together some resources of fun and functional things to do at home. Attachments include:

- Tips to support the development of using scissors and pencil control (when colouring in)
- Fine motor activities
- Gross motor activities
- Visual perceptual activities
- Sensory movement activities
- Mindfulness activities
- Calming strategies
- Interception pack with information and activities to increase our internal body awareness – How does our heart beat when we are calm, angry? How do we feel when we are cold, hot, etc.
- Handwriting resources –

The Size Matters Handwriting Programme™, designed by Beverly H. Moskowitz (Occupational Therapist) promotes legibility. The Size Matters programme (also known as SMHP) focuses on 'readability' by emphasizing letter size. Students learn that all 26 letters can be categorised into 3 letters sizes. By learning these categories and rules, students are immediately clear about how to make letters of consistent size and uniformity which results in legible written work. The handwriting pack has been created for your child to practise letter formation alongside the work that is being facilitated in school. It is an opportunity for you to further support your child and is something that can be picked up and worked on at any time. Like everything we do, the more practise we have, the more skilled we become.

You can go through the letters in groups, e.g. Size 1, Size 2, Size 3 and/or you can use the paper to play word games or write sentences, placing the letters in the correct space each time, depending on your child's skill level.

The pack includes a template for all letters and some blank adapted paper. Feel free to photocopy all of this so that you can continue to use it.

Once you begin, you will see that the concept is very simple but effective.

For those who are already using the programme, ask your child to explain it to you, this will help cement their understanding.

- Pen Pal Letters

For those children that expressed an interest having a Pen Pal but have not yet written the letter, this is a great opportunity to write the letter. All our Pen Pals are in America, mainly New York and their schools are currently closed. We do not yet know when they will reopen but we could all have the letters ready to send. How lovely will it be for them to receive a letter from their new Pen Pal? I have uploaded tips on what to write in the letter and templates to help form the letter. Please feel free to use the templates to write to your friends and family also.



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## Online

There are lots of great resources online also.

- Typing – lots of students have now enrolled in the Typing.com touch typing programme. If your child hasn't already done so, they can log in using this link:

[typing.com/join#5E2962A43DE7F](https://typing.com/join#5E2962A43DE7F)

Or they can log in and register independently. The above link will mean that all information is recorded and we can track progress together.

- BBC Dance Mat – Dance mat typing is an alternative typing programme if you want to have some fun but it will not keep record of your progress.

<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

- More typing games available from:

<https://www.todaysparent.com/family/fun-typing-games-for-kids/>

## Life skills

As we know, not all learning takes place at school and there are so many life skills that our children are continuing to develop. This is a great opportunity to practise:

- Dressing – buttons, zips, shoelaces, sequencing, putting clothes the right way, hanging up clothes, etc.
- Cooking – so many skills to learn and so much fun to be had in the kitchen. BBC Good food is a great website (amongst others) that give you access to recipes categorised by skill level, time, ingredients, etc.  
<https://www.bbcgoodfood.com/>
- Hygiene routines – brushing teeth, washing, showering. There are lots of free visual supports available online on places such as Pinterest, Teachers Pay Teachers, Google.
- Jobs around the house – cleaning, washing, sweeping – great to build coordination, responsibility, sequencing, problem solving skills and helps to regulate with all the sensory stimulation received.
- Create obstacle courses at home to help promote motor planning, balance, and sequencing.

And have fun. We learn more when we are having fun.

Please let me know if you have any queries or questions.

Kind regards,



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