

## Occupational Therapy Home and Class Activities

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Therapist: \_\_\_\_\_ School: \_\_\_\_\_

Contact: \_\_\_\_\_

**Copying from the board:** Copying from the board is difficult because you have to be able to quickly know where you are on both the board and on the paper you are copying to.

- € Have a peer helper who takes good notes make a copy of his/her notes on a daily basis.
- € Sit close to the board.
- € Reduce the amount of copying from the board that is required. The time it takes for some children to copy compromises the time that a child could spend thinking and responding.
- € Provide copies of the notes that were put up on the board.
- € Provide an outline of what is going on the board in order to reduce the amount of writing involved.
- € Some children may have a difficult time looking up to a vertical surface and then back down to a horizontal surface. Try having the child work on a vertical/slanted surface using an easel or slant board (adapt a big 3 ring binder).
- € Check for dull or flickering lights.
- € Make sure the blackboard is clean. Yellow chalk is thought to have the best visibility.
- € Use black marker on the whiteboard. (green and red can be hard to see).
- € Try writing on an easel with large white paper and thick black marker.
- € Try using an overhead projector so that you can visually isolate different words or sentences.
- € Try writing small amounts on the blackboard at a time.
- € Try alternating blackboard activities with less visually demanding tasks.
- € Try scheduling a few moments to close and relax eyes between tasks.
- € Eliminate art objects hanging from the ceiling. Movement can be distracting and can interfere with processing of visual information.
- € Eliminate all hanging and posted materials on front wall of classroom.

- € Teach strategies for remembering whole words, phrases or sentences at one glance. Sometimes copying is done in a tedious letter by letter manner.
- € Teach student how to use a blank piece of paper or cardstock to cover up a portion of work already completed. This makes it easier for the student to find his/her place on the paper after looking up at the board.