

TIPS OF THE WEEK

To help with transitions:

- Establish a set time for each activity
 - Use a [visual timer](#)
- Give a verbal warning prior to the end of an activity (e.g. 5 min., 1 min. left)
 - Make sure each activity has a clear start and finish

Try as much as possible to encourage doing activities such as writing and drawing on a table or desk. This will encourage a more ergonomic position and prevent potential aches and pains from inadequate positional support.

FINE MOTOR

Fine motor skills require use of smaller muscle groups to perform everyday tasks that are precise in nature, such as eating, playing, and learning to write. Two fine motor skills important for learning and academic success are oculomotor control and graphomotor production. To access some great fine motor activities, click on the links below.

Printables: [Click here!](#)

Apps: [Classic Mazes](#)

[Mazes and More](#)

[Make your own maze video!](#)

GROSS MOTOR

Take a movement break and roll the dice!

Movement breaks allow children to re-energize themselves. It increases their ability to focus on the next learning activity.

[Click here to play the game!](#)



SENSORY

The *6 Sides of Breathing* is a technique used to give the body and mind a sense of calmness by focusing on a deep breathing rhythm. Try it for a minimum of 3

rounds before doing any activity that your child may find difficult or when your child is displaying signs of frustration and/or nervousness. We invite parents to join in as well.



TRY IT OUT!

LIFE SKILLS

Setting up a consistent daily routine is important for children to regulate their emotions. Routine allows predictability, and therefore, high tolerance to transitions. Visual schedules can help structure daily activities and allow children to be more independent in their daily tasks.

Template: [Click here!](#)

App: [CanPlan](#)

Website: [Click here!](#)

- Printables, Games and Templates: <https://drive.google.com/drive/folders/1L-U1T-7TtKYwfwNLTKs06iQNirEVj2sO>
- Visual timer: <https://apps.apple.com/ca/app/time-timer/id332520417>
- Classic mazes: <https://apps.apple.com/ca/app/classic-mazes-puzzle-games/id1168948686>
- Mazes and more: <https://apps.apple.com/ca/app/mazes-more-classic-maze/id1115189251>
- Make your own maze video: <https://www.youtube.com/watch?v=SN1F8j7Hs3g>
- The six sides of breathing: <https://www.newton.k12.ma.us/site/handlers/filedownload.ashx?moduleinstanceid=5553&dataid=7826&FileName=Six%20Sides%20of%20Breathing.pdf>
- App CanPlan: <https://apps.apple.com/us/app/canplan/id598687543>
- Creating visual support: <https://connectability.ca/visuals-engine/>

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