

Fine Motor Skills... Write Out of the Box!®

WORKSHOPS and PRODUCTS

Presented by:

Marianne Gibbs, OTR

Gibbs Consulting, Inc.

www.writeoutofthebox.com

(281) 492-2936

Today's Agenda

1. Introductions
2. Purpose of Write Out of the Box
3. Pencil Grasps: Efficient vs. Inefficient
4. Developmental Theory: The Basics
5. Classroom Activities to Promote Fine Motor Development and Efficient Pencil Grasp

**Fine Motor Skills...
Write Out of the Box!®**

1. Introductions

- A. About the Presenter
- B. About the Audience

2. Purpose of Write Out of the Box

Why?

What?

Then:

Now:

3. PENCIL GRASPS

Types of Pencil Grasps: Efficient vs. Inefficient

Appropriate Pencil Grasps (3)

- Mature, Dynamic Tripod (4.5-6 years): ***Will naturally occur if precision muscles are properly**



- Static Tripod:



- Adapted:



Inefficient Pencil Grasps (infinite)

- Fisted:



- Thumb Wrap:



- Thumb Tuck:



- Quad:



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- Index:



- ????:

*Aha! Moment:

4. Developmental Theory: The Basics

A. Concept of Mobility on Stability

"Danglers" and the Remedy:

*Aha! Moment:

B. General Developmental Sequence

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C. The Importance of Weight Bearing:

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D. Strategies for Incorporating Weight Bearing Opportunities in the School Day:

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5. Classroom Activities to Promote Fine Motor Development and Pencil Grasp

Head and Neck Stability: Usually in place. Supports appropriate use of the visual system.

Activities: "Superman," "Snowball," ball work on tummy with target, lay on tummy supported by forearms, swimming

Trunk Stability: Must have this to use two arms effectively in activities.

Look for "W"-Sitters. Encourage side, long, and tailor sitting. Allow for sitting options at circle time, be flexible because your students may not be!

"W" Sitting:

Why?

Other Positions to Encourage:

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Activities: "Superman," "Snowball," gross motor play, swimming, ball work (sitting), unassisted sitting, sock pull, hand presses

Shoulder Stability: This is critical! Allows for control of arm, hand, and fingers

Activities: Use of vertical surface! 1.

2.

3. , push-ups, rocking on all fours, crawling games, wheel barrow, crab walk, ball work on tummy, "Down Under"

Forearm Rotation and Elbow Stability: Supports wrist hand and fingers appropriately.

Activities: *Animal Voice, *Giggle Tube, one-handed button retrieval out of *Putty, opening a candy in one hand away from body, carrying laundry basket/books, pouring from a container, utensil use, scissor use

Wrist Stability/Extension: Allows for dynamic movement of fingers as in holding a pencil when writing

Activities: *Twirling Wheel, *Chinese yo-yo, *Twisty Puzzle, use of vertical surface (i.e. wall, refrigerator, blackboard, easel, 3-5 inch notebook), "Mirror Me", "Marble Madness, Lite Brite, jar lids, nuts and bolts, ball work on tummy, crawling games, crab walk, wheel barrow, "Down Under"

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Palmar Arches: Hands can form a "cup" which facilitates grasping and in-hand manipulation skills.

Activities: *Mini Dice, jingle bells, "more" sign, *Mini Slinky, *Squirters, *Squeeze Ball, *Worm Ball, *Tongs, *Putty, cutting Play Doh with plastic knife, playing piano

Grasp and Release Patterns: Promotes strength and timing coordination of hand use.

Activities: *Squirters, *Squeeze Ball, *Worm Ball, * Mine Hole Punch, peg games, clothespins, gross motor play, climbing

Extrinsic (Strength) Muscles: Powerful "on/off" muscles that stabilize

Isolated Finger Control: Students must realize they have 10 fingers and not just two paws!

Activities: *Jumping Frogs/Insects, *Flinging Frogs, *Spin Tops, Lite Brite, finger puppets, stringing beads, flicking wedges, "I love you" sign, clothespins, playing piano

Thumb Opposition: Thumb touches each finger individually.

Web Space: Maintain "O" shape with thumb and index when holding a pencil.

Activities: Zip Lock bags, "Straw Wars," *Putty Balls (just using thumb and index), "Silly Sunglasses," OK sign

Separation of Hand: Critical! The two halves of the hand have different jobs. Facilitates tripod pencil grasp position.

Busy Fingers (3): Mobility

Sleeping Fingers (2): Stability

Pillow:

Activities: *Sparky, *Animal Grabbers, *Lacing Card, *Tongs, *Tweezers, *Mini Hole Punch, *Mini Lock and Key, stringing beads, *Wind-up Toys, *Spin Tops, short pencils/crayons, mini spray bottles, scissor use, snapping fingers, PILLOWS!

Fingers and Pillows
(sung to tune of Oh My Darlin')

I have two hands with ten fingers -- I have five on each hand
First is Thumbkin, then Pointer, then the tall one, Middleman.

These 3 are special, they are busy, and they love to play
They play with toys and hold a pencil in just the right way.

Next is Ringman and Pinky -- they are sleepy little ones
They hug a pillow and stay sleeping so the busy fingers can have
fun!

Intrinsic (Precision) Muscles: Necessary for precise control as with using a pencil.

Activity: Mini Rolling Pin with Play Doh

Shift: The ability to make minute pencil adjustments without thinking about it.

Activities: *Mini Cards, *Wikki Stix, Play Doh, single page turning, buttoning, moving hand along shaft of pencil

Translation: Single handedly move objects between fingers and palm. Leads to more efficient stroke making when writing.

- Finger to Palm:
- Palm to Finger:

Activities: popcorn pick-up, coins in vending machine, "Feed Freddie" with pennies, checkers, discs, etc...

Rotation: Use fingers in precise rotation movement without wrist movement. Turning the pencil over as if to erase during writing.

Simple Rotation Activities: Play Doh, jar lids, nuts and bolts

Complex Rotation Activities: turning a coin, turning a pencil in one hand as if to erase

All skills above lead to the tripod grasp which is the most efficient grasp for handwriting!

References

Smith-Case, J., Allen, A., & Pratt, P. (1996). Occupational Therapy for Children (3rd ed.). St. Louis: Mosby.