

First Strokes Inservice for Occupational Therapists

**First Strokes Multi-sensory Fine Motor
and Handwriting Skills Inservice
ONE DAY INSERVICE OPTION**



**Quote for a
Facility Sponsored
Workshop**

Jan McCleskey, MA, OTR

Outline of the Day

1 DAY WORKSHOP

Workshop Objective:

AM: The morning portion of the workshop will present the need to address fine motor skills and grasp development in pre-k – 1st graders. Attendees will review developmental fine motor skills levels for scissors skills, tongs skills, coloring skills and grasp development. They will explore how to facilitate separation of the two sides of the hand to progress from a whole handed approach to fine motor tasks, to use of a dynamic tripod grasp. The workshop will discuss when to change grip and biomechanical stress to joints within some grasp patterns. It will discuss the TIP grip protocol for facilitating a dynamic grasp on a pencil. Workshop participants practice tongs, scissors and coloring labs through afternoon walk around labs. Attendees will also participate in group games to practice skills. **Participants will receive a downloadable, printable file with 200 printable fine motor labs to immediately use during therapy.** The participants will participate in group brainstorming activities to create their own fine motor centers or work bins using techniques discussed for creating tongs, coloring and scissors labs. In-hand manipulation skills will be discussed and participants will develop techniques for “wake up hands”, “strong hands” and “smart hands” with some adaptations of a program developed by the Newton Early Childhood Program.

PM: The afternoon will include **40 walk-around labs for participants to practice fine motor activities within the workbins/centers that are on the 200 printable fine motor labs.** Participants will discuss multi-sensory activities for handwriting skills. The inservice will review developmental skills for fine motor skills and handwriting. It will discuss the need for targeted, specific instruction correct sequencing of letters from top to bottom, clockwise circle strokes, etc so that patterning of letters can be developed. The workshop will discuss a need to work more intensely with students through fine motor centers. It will discuss multisensory activities for letter formation through large motor, medium motor and small motor activities. The goal of this workshop is for students to develop skills for handwriting: tripod grasp, top to bottom patterning of letters/correct sequence, the ability to draw a person and simple animals to represent an idea, and to have fine motor skills to color, cut and use tools. The workshop will also discuss first grade handwriting, and the need for some targeted instruction for number and letter reversals remediation. Participants will receive the following files: **200 printable fine motor and handwriting centers, pencil warm-up files, differentiated handwriting sheets for students with special needs, reversals program for letters, reversals program for number reversals,**

Suggested time: 8 – 4:00 with an hour for lunch. **6.5 contact hours**
(includes 2 fifteen minute breaks).

THIS WORKSHOP IS TARGETED FOR OCCUPATIONAL THERAPIST AND TEACHERS WHO WORK WITH CHILDREN AGES 4 ½ through 5th grade and above. Jan presents other workshops for teachers who work with specific age groups – this workshop is more for teachers that may teach across grade levels.

AM – Grasp/ Fine Motor Development for Tongs and Scissors Skills
How to teach grasp in a fun, simplified way.
Grasp Development - Developmental progression
Grasp pattern errors – what are the most common grasp patterns in students?
Common grip pattern errors – functional SOLUTIONS in the young child
Fine motor labs for the classroom or clinic
 Tongs and tweezers labs
 Scissor labs
 Creative Coloring Labs for wrist stabilization/isolated finger movement
GRASP GAMES FOR PRIZES!!!
Tongs, Scissors and Coloring Centers – Setting up fine motor centers
Pencil warm-ups
Wake up hands activities
Strong hands activities
Smart hands activities
Grasp Intervention in older students – receive Pencil Warm-ups file

PM –
Case Studies of handwriting skills in pre-k, kindergarten and 1st grade
Multi-sensory handwriting activities for 4.5 – 5 year olds – without a pencil! How to teach correct letter formation for older preschoolers using multi-sensory techniques for ANY handwriting program.

Multi-sensory Handwriting –learn handwriting through multi-sensory techniques no matter what handwriting program is used
 Large Motor Kinesthetic activities
 Medium Motor Kinesthetic activities – very creative ideas for even the reluctant child!
 Small Motor Handwriting – workbooks and handwriting paper
First Strokes Handwriting Program for print
Reversal strategies for letters (any handwriting program)
Differentiating curriculum up or down for students with special needs.
Writing generalization activities for students with special needs.
Small group brainstorming of applications to attendees current setting.
Walk around labs - 40 stations
Reversal techniques for letters and numbers
Handwriting strategies for legibility in older children (2nd grade and above).
Dysgraphia? Strategies for intervention.
END: 4:00

Cost of the Workshop

Out of town speakers fee: \$1400

Local fee within 60 miles \$900 (Write N/A on items below if they do not apply)

Travel to and from DFW airport or Love field: TBD

3 workshop boxes (1 way – your facility is responsible for shipping boxes back): Approximately \$70

Park and Fly: Approximately \$27

Please check:

☐ rental car ☐ taxi ☐ Uber

Hotel:

Please list preferred hotel and if the facility will make rsvp (some facilities get a discount with hotels), or if The Handwriting Clinic will rsvp the hotel.

☐ My facility will make reservations at a preferred hotel

☐ The Handwriting Clinic will make reservations at the following hotel:

Non-optional Additional fees: (out of town and local) SEE NEXT PAGE FOR PICTURES AND DESCRIPTIONS OF PRODUCTS

\$15 per attendee (over \$60 worth of products) – INCLUDES:

Allows access to download:

Large letter pages

Simple Handwriting Pages

How to use the First Strokes Multi-sensory Handwriting Program in a School Setting (regardless of if you use this program, this handout has a significant amount of information for how to do multi-sensory handwriting for ANY handwriting program.

Brain Breaks for Reversals Strategies – Power Point Flashcards

Number Reversals Program

Zoo Animal MegaPack – Created for First Strokes Workshops/not available commercially: **200** printable fine motor labs, and container labels for tongs, coloring and scissors centers

Pencil Warm ups Activity File

Developing a Fine Motor Program Training Module

Scribble Sheet Templates

Handouts for Training Grasp

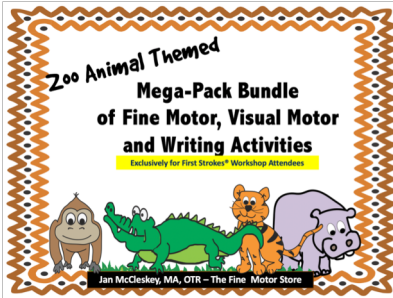
All Handouts

See next page for product descriptions

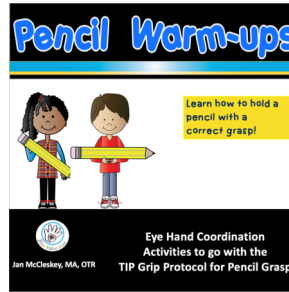
Optional Additional Fee:: Print Legibility Kit at wholesale cost of \$18.00 per person

Products Included in the Workshop

\$15.00 per person fee



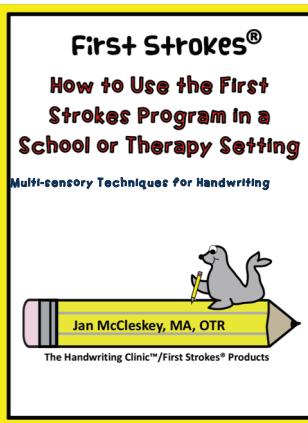
Megapack of 200 fine motor activities for classroom fine motor centers – tongs, scissors and coloring skills.



Pencil Warmups to Teach How to Hold a Pencil. Teach students how to hold a pencil correctly. This file has activities for pencil warmups - perfect for centers. These activities work on developing a dynamic grasp on a pencil using isolated finger movement. Perfect for preschool (age 4 1/2), kindergarten. These activities can be used with or without the TIP grip protocol.

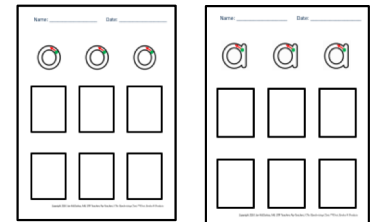


Fine motor training module.

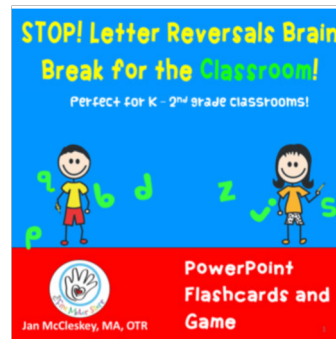


How to use the First Strokes Multi-sensory Handwriting Program in a School Setting (regardless of if you use this program, this handout has a significant amount of information for how to do multi-sensory handwriting for ANY handwriting program. 76 pages

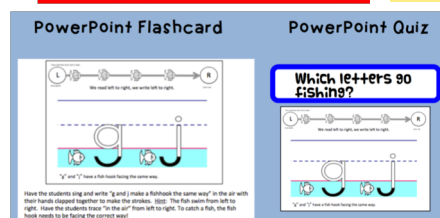
Simple Letter Practice Pages for students with special needs



Very simple printable workbooks – trace and copy 2 inch letters.



Letter Reversals Strategies/Programs



Also includes:
Adaptive handwriting papers
Scribble sheet printables
Slides of all handouts



Number Reversals Strategies/Programs

All products will be a digital download. Workshop participants will be given an access code to download all the above files. Files will be available for 6 months using the code – it is recommended that all participants download the files to save.

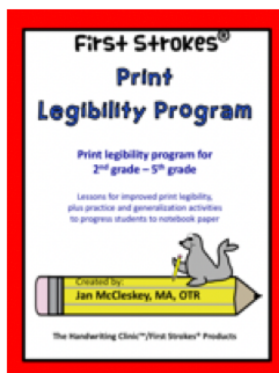
Optional Product: Print Legibility Program for Students 2nd – 5th Grade

Some facilities opt to allow attendees order this product on their own after the workshop if they wish. Others take advantage of the preorder wholesale price of ordering the kits at \$18.00. If you choose this option, there would be additional cost for shipment of boxes but still a substantial savings of not ordering kits and paying shipping for separate orders. The workshop will go over print legibility techniques for students 2nd grade and above during the late afternoon. If you wish to order this workbook/paper – the kit is \$18 per person, and the projected number of attendees/kits to order will be due 2 weeks prior to the workshop. This is so that our office manager can put the kits together, and ship. This is a hard copy workbook and paper. Individual digital licenses are \$30 for a digital file and \$100 for a building license. The digital licenses are not available at a wholesale price. Some facilities choose to just order a digital license at a later time. Others would like a hard copy and choose the option of the wholesale price of \$18 for the kit.

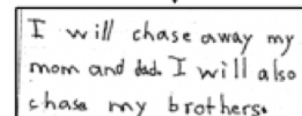
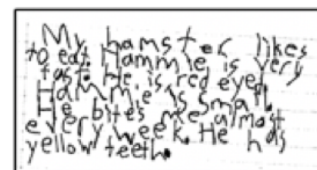
First Strokes® Print Legibility Program (2nd grade - 5th grade edition)

Perfect for 2nd graders – 5th graders, who have poor legibility on standard notebook paper, fill in the blank worksheets, and math worksheets. This workbook uses remedial techniques for legibility, and does not go over a traditional handwriting program.

The workbook has chapters on: Handwriting error recognition, practice pages for developing a consistency of size and form of letters, generalization pages, pre-test/post –test handwriting samples, generalization activities for fill in the blank worksheets, practice and generalization pages for math legibility. Newly updated with even more practice pages!



Most students with an inconsistent size of handwriting, can make quick changes to a more consistent height and size of letter formation. Ex. This student changed his handwriting from the top example to the bottom example, in less than an hour.

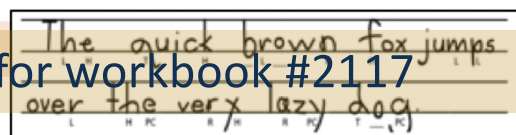


Students work on legibility activities on the adaptive notebook paper, then progress to keeping sizing and legibility on regular ruled notebook paper, and fill in the blank worksheets. Includes practice pages and legibility training for number legibility too!

Identify and grade "speed" handwriting errors!

WORKSHOP WHOLESALE FEE - \$18 for workbook #2117

Hard Copies:



#2117 Print Legibility Program (2nd – 5th gr) – Workbook Package (Workbook, and 3 ream adaptive ruled notebook paper)

\$25.00

Jan McCleskey, MA, OTR



Jan McCleskey, MA, OTR is the owner of The Handwriting Clinic, in Richardson, Texas. She has worked in the public schools as an occupational therapist and as an assistive technology specialist for 19 years. In 2002 she founded The Handwriting Clinic – providing group classes, summer camps and private therapy for fine motor skills and handwriting instruction. She is the author of the First Strokes Handwriting Programs and has created over 200 fine motor and handwriting products in The Fine Motor Store on Teachers Pay Teachers. She has traveled the country for over 16 years, providing First Strokes workshops to educational service centers, school districts, coops and individual schools. She has developed inservices for preschool, pre-k and head start teachers, for K – 1st grade teachers, and for teachers of students from 2nd grade and above. Inservices discuss typical students, as well as differentiating curriculum and instruction up or down depending on students levels or diagnoses. She has provided extensive inservicing for schools in the area of handwriting for dysgraphia, dyslexia, or for students with special needs. The Handwriting Clinic an approved provider from the American Occupational Therapy Association and she has presented workshops for occupational therapists through The Handwriting Clinic workshops, as well as through state and national conferences. Her goal is to empower teachers and to engineer classrooms to make fine motor and handwriting skills attainable for all children.

Other Planning Information

Seating: There will need to be adequate space for the attendees to comfortably be seated at a table surface.

Speakers tables – The speaker will need 1 large or 2 smaller tables up front.

Walk around lab centers: There will need to be approximately 10 6 foot, or 12, 5 foot tables placed around the edge of the room, (or in a different room) for walk around labs.

Speakers presentation: The speaker will need a projector for her laptop, an extension cord, and a large screen so that workshop attendees can sit close up and comfortably view the screen. The presentation will need sound/audio from the speakers laptop.

Mic – Usually there will need to be a mic.

Entrance into the building – approximately 1 hour before the presentation for set up.

Handouts will be sent to the workshop coordinator 2 weeks prior to the presentation. It will be the facilities responsibility to copy the handouts prior to the workshop. Handouts can be copied in black and white, double sided.

Payment is due within 30 days of the workshop – payable to The Handwriting Clinic (not Jan McCleskey). Our facility can give you tax ID information.

All workshops are scheduled directly through **Jan McCleskey, MA, OTR - Presenter**

The Handwriting Clinic/First Strokes
www.TheHandwritingClinic.com
1771 International Parkway, Ste. 101 Richardson Tx 75081
Clinic Ph: 972 633 - 1974 Clinic fax: 214 291 - 5435

Presenter: Jan McCleskey, MA, OTR. * All initial planning is coordinated directly through Jan McCleskey. Jan's cell phone is 214 497 8577.

Email: Jan@TheHandwritingClinic.com

Workshop Coordinator: Karen Haddox Email: office@TheHandwritingClinic.com 972 633- 1974
Karen is in charge of shipping of workshop materials, billing, filling out tax ID information, purchase orders.

Interested in a workshop?

Initial planning form

INITIAL PLANNING FORM Please fill out and email to jan@thehandwritingclinic.com

Please email to
jan@thehandwritingclinic.com or
fax to 214 291-5435

note: After receipt of this form and discussing specifics with the facility, a final contract will be sent with specific dates, costs, cancellation policy (any airline fees), and specific outlines of the day(s)

Name of Facility:

Address of Facility:

Mailing address to ship materials to:

Contact Person at Facility:

Name:

Ph. number:

Cell ph:

Email:

Additional Contact Person (if applicable)

Name:

Ph. number:

Cell ph:

Email:

My facility is thinking about about the FIRST STROKES MULTI-SENSORY HANDWRITING WORKSHOP

____ We would like the workshop outline to remain as is.

____ We would like to make the following exceptions to the workshop outline. Note: we can reduce topics, but we cannot squeeze in more topics in a shortened period of time. We will work to make the workshop fit your needs, within the scope of the amount of coverage each topic would need to include.

The projected number of attendees would be:

____ attendees

____ to be determined

The target audience would be:

____ occupational therapists

____ special education teachers

____ dyslexia therapists

____ Other (_____)

The exact hours of the workshops would be: Please describe start time, number of breaks/minutes, lunch, end time

Possible workshop dates that we are considering:

____ I have read the workshop speakers fee, additional fees, travel costs (hotel, airline), \$15 product download fee. Please initial: _____

____ I understand that there is an additional \$15 fee per attendee for digital downloads

OPTIONAL FEE:

____ My facility does want to order Print Legibility Kits for working with students 2nd grade and above at a wholesale cost of \$18.00 per person.

____ My facility does not want to order a Print Legibility Kit for each workshop participant

Please list /describe your goals for the workshop, current interventions used, and any other pertinent information that would be helpful in planning the workshop, targeting information for your needs, etc.