

First Strokes Inservice for Occupational Therapists

TWO DAY INSERVICE OPTION

Day 1: First Strokes Multi-sensory Fine Motor and Handwriting Skills Inservice

Day 2: Eliminate Dysgraphia -



**Quote for a
Facility Sponsored
Workshop**

Jan McCleskey, MA, OTR

Outline of the Day – DAY 1

2 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. **6.0 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.

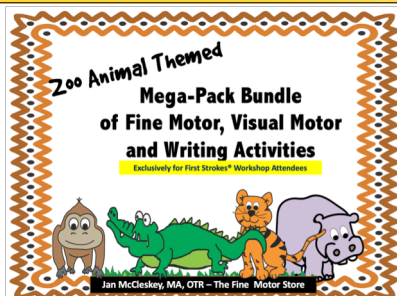
AM – Grasp/ Fine Motor Development for Tongs and Scissors Skills
How to teach grasp in a fun, simplified way.
Grasp Development - Developmental progression
Grasp pattern errors – what are the most common grasp patterns in students?
Common grip pattern errors – functional SOLUTIONS in the young child
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

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
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
Practice facilitated writing, do a group activity, and have full walk around labs during this hour.

Products Included in the DAY 1 Workshop

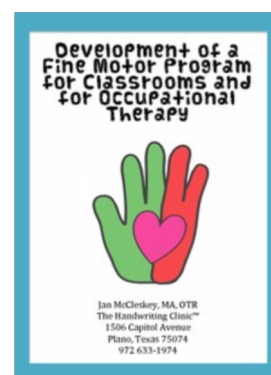
\$15.00 per person fee for day 1



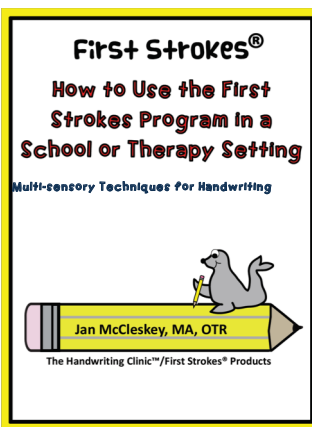
Megapack of 200 fine motor activities for classroom fine motor centers – tongs, scissors and coloring skills.



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.

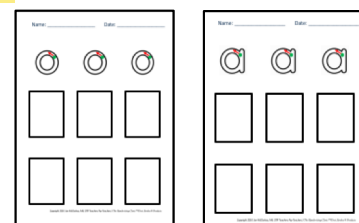


Fine motor training module.

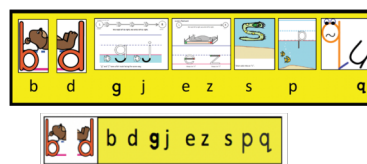
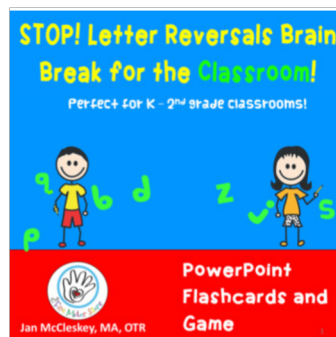


How to use the First Strokes Multi-sensory Handwriting Program in a School Setting (regardless of if you use this program, this handout has a significant amount of information for how to do multi-sensory handwriting for ANY handwriting program. 76 pages

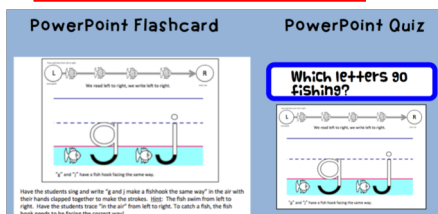
Simple Letter Practice Pages for students with special needs



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.

Outline of the Day – DAY 2

2 DAY WORKSHOP

Workshop Objective:

AM: The morning portion of the workshop will discuss the different subtypes of dysgraphia (fine motor, visual motor and disorder of written expression subtypes). The workshop will address the need to address interventions for fine motor skill intervention in older students. Participants will receive a Pencil Warm-ups file of activities. Attendees will view a video of a grasp remediation group of 1st through 3rd graders. The morning portion will discuss activities to remediate print legibility through sizing. From 2nd grade and above legibility is more about sizing, than letter formation. Participants will receive a Print Legibility Workbook. We will discuss progression of skills from adaptive notebook paper, to fill in the blank worksheets, to sizing on regular notebook paper. We will also discuss “speed handwriting” and it’s influence on legibility. Participants will learn to grade handwriting for “handwriting “speed errors”, sizing errors, spacing errors, and will utilize a grading rubric where students can learn to grade their own handwriting. The morning session will include writing activities, and workshop participants will complete theme based writing prompts to practice handwriting. The latter part of the morning will discuss letter and number reversals strategies.

PM: The afternoon will include a cursive lab where participants go through a cursive program. We will discuss techniques to increase speed and visual memory techniques for cursive. The cursive session will be an active lab where participants participate in the learning process. Workshop attendees will receive a cursive workbook. The latter part of the afternoon will address keyboarding skills using multi-sensory on and OFF keyboard activities. Participants will receive a comprehensive multi-sensory keyboarding program. Finally we will discuss when to progress students to keyboarding. We will revisit dysgraphia slides and hopefully participants will have research based, clear objectives to address dysgraphia sub-types in children.

This workshop has some active activities, and requires some standing. Please wear comfortable shoes.

First Strokes® ELIMINATE DYSGRAPHIA WITH FINE MOTOR, PRINT LEGIBILITY, CURSIVE AND KEYBOARDING TECHNIQUES! DAY 2 Workshop 8:00 – 3:00 5.5 contact hours

8:00 START

Grasp/fine motor development/ intervention in older students

WHAT IS DYSGRAPHIA?

What types of dysgraphia are common? The rest of the days session is a workshop with active participation in activities for print legibility, cursive legibility, keyboarding legibility, and discussion of what to do with a disorder of written expression.

Print legibility in students 2nd grade and above. **Receive the One Hour to Legibility Workbook**

WRITING LAB: Practice print/number legibility skills and do FUN writing labs and projects!

Letter and number reversal strategies

LUNCH – on your own 11:45 – 12:45 (Two 15 min breaks during the day also included)

WRITING LAB: Practice cursive through medium motor and small motor activities. Do some writing projects. **Receive a First Strokes cursive workbook.**

Keyboarding – Practice keyboard memorization techniques. **Receive the First Strokes Keyboarding Program.**

Revisit “dysgraphia” types, interventions and strategies.

3:00 END

Objectives:

- Practice skills for: 1. developing a dynamic grasp. 2. Functional print with spacing and sizing 3. Decreasing speed handwriting errors 3. Number legibility 4. Cursive 5. Cursive speed and visual memory 6. keyboarding.
- Discuss “dysgraphia” types, and strategies for working within each type.

*** Day 2 is a hands on workshop. Instead of dressing nice, wear comfortable clothes and shoes that you can walk and stand in during labs.

Products Included in the Day 2 Workshop

Non-optional \$30 per person fee for day 2

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

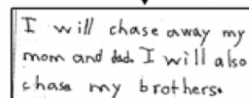
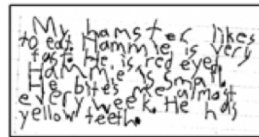
Perfect for 2nd graders – 5th graders, who have poor legibility on standard notebook paper, fill in the blank worksheets, and math worksheets. This workbook uses remedial techniques for legibility, and does not go over a traditional handwriting program.

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!



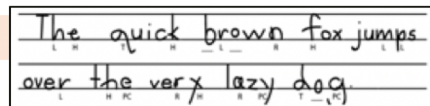
\$25.00 value

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!



Keyboarding



All workshop participants will receive a keyboarding program with a keycode to download file. \$20 value

First Strokes Cursive Program!

Comprehensive Cursive Workbook – 100 pages!

Lower Case Instruction and Practice Pages – grouped by the "First Stroke", students are provided cognitive cues for letter formation.

Speed and Visual Memory Practice after each letter group.

Capital Letter Instruction Pages - categorized by the "First Stroke".

Bridging letters section – practice bridging b, o, v, and w to other letters within words.

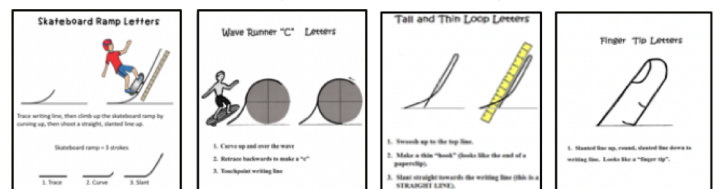
Generalization section – strategies and tips for how to generalize handwriting to notebook paper, worksheets, etc.

Zany Writing Topic section – FUN classroom activities to generalize handwriting to sentences and paragraphs.

Certification for Achievement – for the 40 second club: (writing the alphabet bridged together in 40 seconds, without handwriting errors).

Ream of adaptive ruled notebook paper for practice – the student will use this paper for all practice of letters worked on in the workbook. It is recommended that the student use this paper for a period of 6 weeks to mature the size of handwriting to 1/3 space for the body of the letters.

Giant handwriting lines for multi-sensory practice – sheet protector with a cardstock sheet inside with giant handwriting lines. Use individually or with an entire classroom. Students can use a dry erase marker to practice letter formation before working in the workbook.



In the First Strokes Cursive Program, letters are grouped by their "first stroke". There are 4 "first stroke" letter groups for lower case: Skateboard ramp letters, wave runner "c" letters, tall and thin loop letters and fingertip letters.

Non-optional fee of \$30 per person fee includes:

Hard copy of Print Legibility Workbook and 1/3 ream of paper

Hard copy of the First Strokes Cursive Program

First Strokes Keyboarding Program – digital copy

(Plus all files from day 1 – for Fine Motor activities, pencil warm-ups, reversal strategies)

Cost of the Workshop

Out of town speakers fee: \$1400 day 1 \$1000 day 2

Local fee within 60 miles \$900 day 1, \$800 day 2 (Write N/A on items below if they do not apply)

Travel to and from DFW airport or Love field: TBD

Approximately 8 workshop boxes (1 way – your facility is responsible for shipping boxes back): Approximately \$20 per box

Park and Fly: Approximately \$40

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)

DAY 1: \$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.

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

DAY 2: \$30 per attendee (over \$75 worth of products)

(INCLUDES: Hard copy of the Print Legibility Workbook, plus paper, First Strokes Keyboarding Program, Brain Breaks for Reversals Strategies – Power Point Flashcards, Number Reversals Program, First Strokes Cursive Workbook

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 she 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 places 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 2 DAY 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), shipping of boxes, etc. Please initial: _____

_____ I understand that there is an additional \$15 fee per attendee for digital downloads for Day 1, and \$30 for day 2 (digital downloads plus hard copy of Print Legibility Workbook and First Strokes Cursive Workbook)

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.

Why choose a First Strokes Inservice?

Jan has been providing workshops for over 16 years. She is an AOTA provider of inservices,.

She doesn't just present, she owns The Handwriting Clinic – where around 300 students go to summer camps during the summer with varying grade levels from preschool – high schoolers.

Unlike other popular handwriting inservice, this inservice attempts to address handwriting without being program specific. No matter what handwriting program you choose – the techniques you learn in the workshop should apply to any handwriting program.

Should you chose to use the First Strokes Programs, they are extremely inexpensive, research based programs. Jan has updated the programs in the last year to be affordable digital downloads, as well as the standard hard copies. Digital building licenses are inexpensive, and individual licenses are even less. Compared to other handwriting programs – any of the First Strokes Handwriting programs are significantly more affordable. They also work towards generalizing to standard handwriting paper, versus adaptive paper. An entire school could have the entire handwriting program for a grade level for less \$200. You can find a catalog of products at www.TheHandwritingClinic.com or a store of 200 more products at The Fine Motor Store on Teachers Pay Teachers. Also, in Jan's workshops – all concepts have a downloadable file for immediate use in the classroom or therapy. For example, there are over 200 fine motor activities in just one workshop file alone. No expensive products to buy after the workshop in order to use the techniques immediately. You do not have to purchase anything after the workshop because the workshop comes with a tremendous amount of activities. The workshop has some minimal fees for each participant, but Jan has tripled what you get, with products that are included in the workshop, yet are some of the most popular paid products.

Sponsor a workshop and have a fun filled day for your staff, complete with games, walk around hands on activities, video support, and information to engineer classrooms, empower teachers and inspire occupational therapists!