

# First Strokes Pre-k to 1st Grade Inservice

## First Strokes Multi-sensory Fine Motor and Handwriting Skills Inservice



Quote for a  
Facility Sponsored  
Workshop

Jan McCleskey, MA, OTR

# Outline of the Day

## Workshop Objective:

**AM:** The morning portion of the workshop will present the need to address fine motor skills and grasp development in pre-k – 1<sup>st</sup> 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. Workshop participants will learn how to create fine motor centers or group activities for tongs, scissors and coloring labs. Attendees will participate in group games to practice skills. **Participants will receive a downloadable, printable file with printable fine motor labs to immediately use within the classroom.** 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.

**PM:** The afternoon will include **40 walk-around labs for participants to practice fine motor activities within the work bins/centers.** Participants will discuss multi-sensory activities for handwriting skills – with a workbook/handwriting paper being limited to 10 – 20 percent of instruction. The inservice will review developmental skills for handwriting. It will discuss the need for targeted, specific instruction on correct sequencing of letters from top to bottom, clockwise circle strokes, etc so that patterning of letters can be developed. It will discuss multisensory activities for letter formation. The goal of this workshop is for pre-k/kindergarteners to graduate with readiness 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. The window of opportunity for changing sequencing of incorrect letter formation seems to close by the middle of first grade, so first grade teachers have the opportunity to provide some remedial instruction. The workshop attendees will brainstorm and complete group activities for developing multi-sensory writing activities for small group centers within the classroom. Participants will receive the following files: **a file of printable fine motor and handwriting centers, pencil warm-up files, reversals program for letters, and a reversals program for numbers.**

Suggested time: 8 – 3:30, with an hour for lunch. **6.0 contact hours**  
(includes 2 fifteen minute breaks).

**THIS WORKSHOP IS TARGETED FOR TEACHERS OR THERAPISTS WHO WORK WITH  
CHILDREN AGES 4 ½ through 1<sup>st</sup> grade.**

**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 – to learn about how to hold a pencil  
**Strong hands** activities for strengthening  
**Smart hands** activities for improved coordination  
Small group activities – Developing themed fine motor labs for the classroom

**PM** –  
Case Studies of handwriting skills in pre-k, kindergarten and 1<sup>st</sup> 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,.

# Cost of the Workshop

Out of town speakers fee: \$1400

Local fee within 35 miles \$1200 (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:

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**Product downloads (free with workshop):** (out of town and local) SEE NEXT PAGE FOR PICTURES AND DESCRIPTIONS OF PRODUCTS

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

Pencil Warm-ups Activity File with training handouts for grasp

Developing a Fine Motor Program Training Module

Scribble Sheet Templates

Handouts for Training Grasp

All Handouts

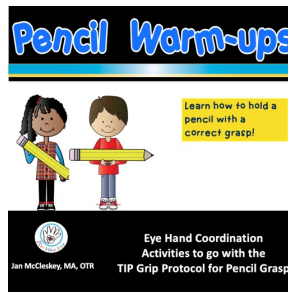
See next page for product descriptions

\*\*\* CD does not include the First Strokes Handwriting Programs, workbooks. If interested, building licenses can be purchased. (see First Strokes catalog)

# Products Included in the Workshop



A file of 50 fine motor activities for classroom fine motor centers – tongs, scissors and coloring skills.



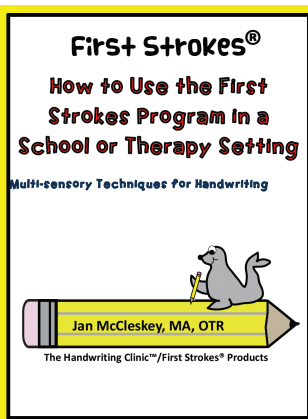
Pencil Warmups to Teach How to Hold a Pencil. Teach students how to hold a pencil correctly. This file has activities for pencil warmups - perfect for centers. These activities work on developing a dynamic grasp on a pencil using isolated finger movement. Perfect for preschool (age 4 1/2), kindergarten.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

## Development of a Fine Motor Program for Classrooms and for Occupational Therapy

Staff Development Article  
Pre-K – 1<sup>st</sup> grade

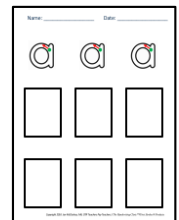
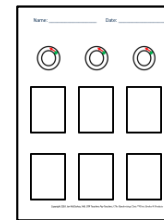


Training Manual  
for Teachers and  
Therapists  
Jan McCleskey, MA, OTR

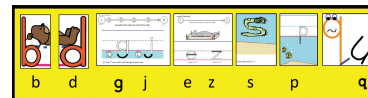
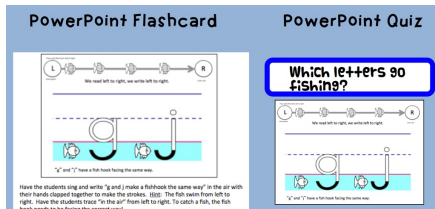
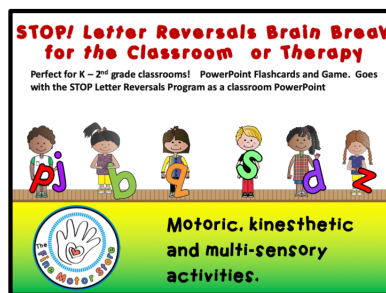


How to use the First Strokes Multi-sensory Handwriting Program in a School Setting (regardless of if you use this program, this handout has a significant amount of information for how to do multi-sensory handwriting for ANY handwriting program. 76 pages

## Simple Letter Practice Pages for students with special needs



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

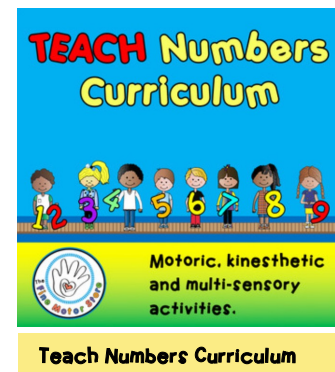


## Letter Reversals Strategies/Programs

This is a classroom Powerpoint with reversal techniques perfect for multisensory teaching and activities for the classroom. First Strokes sells a comprehensive program with worksheets for students who need explicit practice – comes with our purchased First Strokes handwriting programs. Also available for purchase from The Fine Motor Store on Teachers Pay Teachers.

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

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.



This is the full number Teach Numbers Program, complimentary for workshop participants to download!

# Jan McCleskey, MA, OTR



Jan McCleskey, MA, OTR is the owner of The Handwriting Clinic, in Richardson, Texas. She has worked in the public skills 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 20 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 – 1<sup>st</sup> grade teachers, and for teachers of students from 2<sup>nd</sup> 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 is an approved provider from the American Occupational Therapy Association for continuing education and 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 speaker's 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 an 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 continuing education units must be provided by the hosting workshop. The Handwriting Clinic does not provide continuing education credits for facility sponsored workshops.

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

The Handwriting Clinic/First Strokes  
www.TheHandwritingClinic.com  
PO Box 941903 Plano, Texas 75094  
Clinic Ph: 972 633 - 1974 (billing only)

Jan's Business Cell: 214 497 8577 (for all scheduling/workshop inquiries)

**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  
Karen is in charge of shipping of workshop materials, billing, filling out tax ID information, purchase orders.

Email: [office@TheHandwritingClinic.com](mailto:office@TheHandwritingClinic.com) 972 633- 1974

# Interested in a workshop?

## Initial planning form

INITIAL PLANNING FORM Please fill out and email to [jan@thehandwritingclinic.com](mailto:jan@thehandwritingclinic.com)

Please email to  
[jan@thehandwritingclinic.com](mailto: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

\_\_\_\_\_ kindergarten teachers

\_\_\_\_\_ pre-k teachers

\_\_\_\_\_ first grade teachers

\_\_\_\_\_ 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 costs, travel costs (hotel, airline)

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.