

# First Strokes

## Preschool Inservice

Fine Motor and Pre-Handwriting Skills  
**SCRIBBLES TO SHAPES**



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 preschoolers. 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 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 200 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 that are on the 200 printable fine motor labs.** Participants will discuss multi-sensory activities for pre-handwriting skills – mostly without a pencil! The inservice will review developmental skills for pre-handwriting and handwriting. It will discuss the need for letter exploration – using the correct sequencing of letters from top to bottom, clockwise circle strokes, etc so that patterning of letters can be developed. For the 3 – 4 year old group, the inservice will discuss multi-sensory letter exploration using large motor activities and multi-sensory age appropriate activities for letter exploration. The workshop will discuss a need to work more intensely with the students who will be attending Kindergarten the following year. It will discuss multisensory activities for letter formation – mostly still without using a pencil. The workshop will go over drawing skills and pre-handwriting skills. The goal of this workshop is for preschoolers to graduate with readiness skills for Kindergarten: 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 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: [First Strokes PRESCHOOL Print Introduction Program - single license](#) which includes 1. Large letter outline files to punch, craft, trace, stamp, q-tip, etc. 2. Simple handwriting program to trace outline letters and then copy within boxes. 3. Training manuals for fine motor and preschool handwriting activities 4. First Strokes Preschool Workbook. Participants will also have immediate access to over 200 fine motor centers activities. Individuals will have to download these files from our website. (Please see separate page for pictures and descriptions of products).

Suggested time: 8 – 3, with an hour for lunch. 5.5 contact hours (includes 2 fifteen minute breaks).

**THIS WORKSHOP IS TARGETED FOR TEACHERS OR THERAPISTS WHO WORK WITH CHILDREN AGES 3 – 5, PRIOR TO THE KINDERGARTEN YEAR.**

**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  
Wake up hands activities  
Strong hands activities  
Smart hands activities  
Small group activities – Developing themed fine motor labs for the classroom

### **PM** - AFTER LUNCH - MULTI-SENSORY HANDWRITING

Case Studies of handwriting skills right before Kindergarten – where students are at, where they should be and common problems.

Handwriting instruction is NOT a workbook – multi-sensory activities for 3 – 4 year olds.

Multi-sensory group scavenger hunt activity

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 – on handwriting paper by

    adapting handwriting and graphomotor skills for early learning

    Small group brainstorming of applications to attendees current setting.

# 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:

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

**\$25 per attendee** - includes

Allows access to download:

First Strokes Preschool Program Individual License/Download- sells for \$45

Large letter pages

Simple Handwriting Pages

First Strokes Preschool Workbook

How to Use the First Strokes Preschool Program Training Document

Billy Learns His ABC's Storybook

Teaching Module Printables - Letter pages with fine motor warmups

The First Strokes Preschool is not "handwriting program specific" and can be used as a general, developmental introduction to letters, no matter what program is used.

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

Preschool MegaPack – 133 pages of fine motor tongs labs for sorting, counting etc. Retail for \$12

Pencil Warm ups Activity File

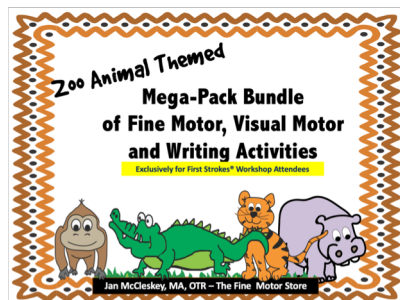
Developing a Fine Motor Program Training Module

How to Use the First Strokes Preschool Program Training Module

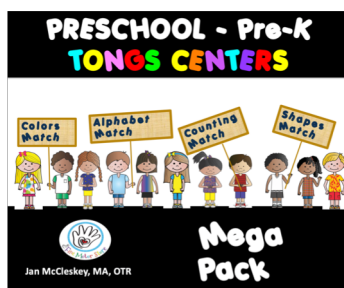
All Handouts

Tons more activities to support the workshop!

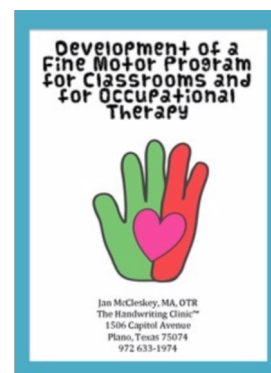
# Products Included in the Workshop



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



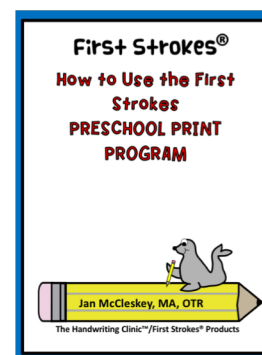
Preschool megapack of printable tongs activities and container labels for sorting colors, counting, alphabet skills, shapes, etc. 133 pages!



Fine motor training module.



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.



## Large Letter Pages

The preschool files include large printable letters for general multi-sensory practice!

Form letters with:

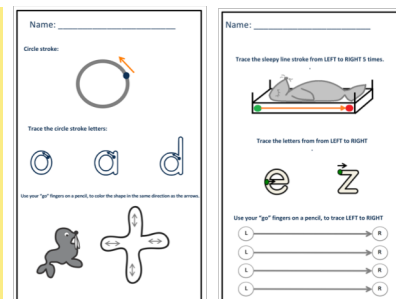
- Tracing
- Sponge paint
- Q-tip tracing
- Play-dough
- Punch out

Use as wall posters too!

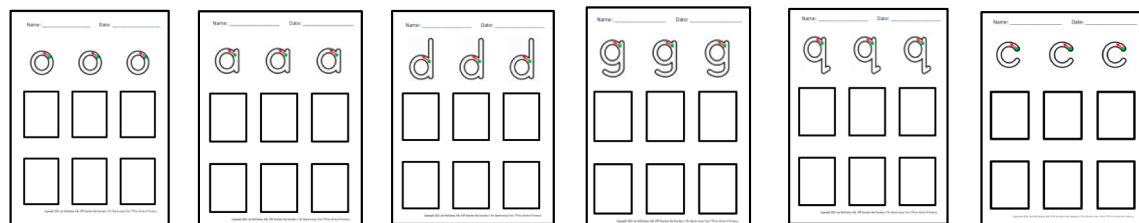


## Teaching Module Pages

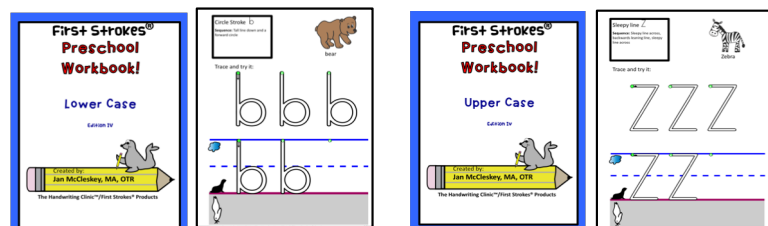
Teaching modules: The program is divided into teaching modules, to introduce letters. This file includes warm up pages to introduce letter groups. It introduces the letters and has a fine motor warm-up to work on pencil control.



## Simple Letter Practice Pages



## Preschool Workbooks - Upper or lower case



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

\* While the workbook is good practice, the workshop will discuss that small motor workbook pages should be about 5 percent of instruction, whereas 95 percent of instruction should be fine motor skills and multi-sensory handwriting activities WITHOUT a pencil!

# 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 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 – 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 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 an white, double sided.

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

The Handwriting Clinic/First Strokes

1771 International Parkway, Ste. 101 Richardson Tx 75081

Clinic Ph: 972 633 - 1974 - please ask to speak directly to Jan McCleskey for all scheduling and initial planning.

Jan's cell phone is 214 497 8577.

Clinic fax: 214 291 - 5435

Email: [Jan@TheHandwritingClinic.com](mailto:Jan@TheHandwritingClinic.com)

Workshop Coordinator: Karen Haddox

Email: [office@TheHandwritingClinic.com](mailto:office@TheHandwritingClinic.com)

# 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 PRESCHOOL inservice

\_\_\_\_\_ 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

\_\_\_\_\_ preschool teachers

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

\_\_\_\_\_ headstart teachers

\_\_\_\_\_ special education teachers

\_\_\_\_\_ 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, additional fees, travel costs (hotel, airline), \$25 product fee

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.