

# First Strokes® MULTI-SENSORY FINE MOTOR AND HANDWRITING WORKSHOPS

## Spring 2018 BROCHURE

**Friday April 20**

**MINNEAPOLIS, MN**

Best Western Bloomington  
1901 Killebrew Drive  
Bloomington, Minnesota 55425

**Monday April 23**

**CHARLOTTE, NC**

**Tuesday April 24**

Hilton Charlotte Executive Park  
5624 Westpark Dr.  
Charlotte, NC 28217

**2 day workshop!**

**Thursday April 26**

**MORRISVILLE, NC**

Four Points by Sheraton  
Raleigh Durham Airport at Research Triangle Park  
1200 Claren Circle  
Morrisville, NC 27560



**First Strokes Workshops**



Sponsored by:  
**The Handwriting Clinic**



**Presented by:**  
**Jan McCleskey, MA, OTR**



**First Strokes Workshops**



Sponsored by:  
**The Handwriting Clinic**



**The Handwriting Clinic**  
**First Strokes Products, Sales and Inservices**

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[www.TheHandwritingClinic.com](http://www.TheHandwritingClinic.com)  
office@TheHandwritingClinic.com



## Jan McCleskey, MA, OTR

In 2002, Jan McCleskey, MA, OTR founded The Handwriting Clinic™ after 19 years as an occupational therapist in the public schools. Each summer over 250 students attend summer camps, and even more attend after school classes during the year. The secret to the success of the clinic is likely the creative, research based approaches used to make fine motor development and handwriting fun and attainable. She is the author of the First Strokes® Products for print, cursive, keyboarding and fine motor skills development. For the past 15 years, she has traveled extensively doing First Strokes® workshops nationwide. Her philosophy is to empower preschool through 1st grade teachers to provide fine motor and multi-sensory handwriting solutions without taking much classroom time. She discusses quick solutions for legibility for 2nd grade and above. Workshops are fun, multi-sensory, and come with TONS of freebies!

### Who should attend?

occupational therapists \* occupational therapy assistants \*  
special education teachers  
\* ABA therapists \* teachers

**Have you ever visited Jan McCleskey, MA, OTR – The Fine Motor Store on [www.TeachersPayTeachers.com](http://www.TeachersPayTeachers.com)? By coming to any workshop, you will receive a TON of freebies that you can use immediately in your therapy or classroom!**

You will be given a code at the workshop site, to go to our website and download the following products, plus many more files. Files will include:

Handouts of all workshop slides ( you will also be given summary handouts at the workshop)  
Autism and Special Needs: Simple Handwriting Worksheets (9.00 TPT value)  
First Strokes Multi-sensory Keyboarding Program (\$14.95 value)  
PowerPoint Flashcards - STOP Letter Reversals Brain Break for the Classroom (\$4.00 TPT value)  
b and d reversal activities (\$2.00 TPT value)



Zoo Animal Fine Motor Mega-pack of Coloring, Tongs, Scissors, Writing Labs. Note: this will include over 200 labs, and is **not available commercially** – only for workshop participants! This file will include handouts for training for how to hold a pencil, TIP grip training sheets, punch dot activities, tongs activities, labels for containers for sorting labs, scissors skills program from simple to advanced, visual motor files, coloring power files to teach dynamic grasp, pokey art, circle dot labs for eye hand coordination – color – punch - paint, sequenced a – z and number punch dot labs, and crazy pencil labs. It will also include a sample of writing labs (circle and write, cut and write, trace and copy). \$50 + value

Adaptive Papers for Writing  
How to Use the First Strokes Program in a School or Therapy Setting Training Article  
Developing a Fine Motor Program for Classroom or Therapy Article (this is a fantastic resource for providing training in schools or inservice training for therapists or teachers)  
New First Strokes Handwriting Assessments

# First Strokes® MULTI-SENSORY FINE MOTOR AND HANDWRITING WORKSHOPS

## DAY 1: 8:00 – 4:00 6.5 contact hours .65 AOTA CEU's (OT's and OTA's)

### 8:00 START

GRASP/FINE MOTOR DEVELOPMENT/ INTERVENTION BASED ON RESEARCH

Alternate Grasps – is a tripod the only manipulative grip?

Grasp Development - Developmental progression

Scissors skills development

VIDEO: Fine motor skills in young children`

Grasp pattern errors – what are the most common grasp patterns in students?

Mary Benbow's paradigm of a manipulative grasp

Research on grasp development in the younger child

Fat vs. thin writing instruments

Joint laxity - the effect it has development/intervention of grasp

Kinesthetically locked in grips – Can we change grasp in the younger child?

Prevalence of grasp pattern errors

Why young children have so many grip errors on writing tools

Changing grip patterns on pencils for the older child

TIP grip protocol – for students with joint laxity in the thumb IP joint.

Common grip pattern errors – functional SOLUTIONS in the young child

Fine motor labs for the classroom or clinic

Tongs and tweezers labs

Scissors labs

Creative Coloring Labs for wrist stabilization/isolated finger movement

GRASP LAB: Therapists will participate in lab activities to promote dynamic grasp

GROUP ACTIVITY – Plan your own fine motor labs/stations for your classroom or therapy! Response to Intervention approaches.

Developing a mobile therapy toolkit for fine motor skills (traveling therapists).

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

**(Walk around mini-labs will be out during lunch/breaks, plus an extra 15 minutes.)**



First Strokes Handwriting Program for print

Multisensory techniques for handwriting – large motor, medium motor, small motor

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.

\*Handwriting strategies for legibility in older children (2<sup>nd</sup> grade and above).

\*Dysgraphia? Strategies for intervention.

END: 4:00

### **Charlotte, NC Only 3:00 – 4:00**

\* These activities/objectives will be discussed on Day 2 of the workshop for those attending the 2 day workshop (offered at limited locations).

### Objectives:

- Review selected research on grasp development and intervention and discuss reasons and strategies to change or “tweak” grasps when needed.
- Identify activities for grasp and writing labs within a classroom or clinical setting and receive access to download 200 + labs to use in therapy or classroom.
- Identify incorrect grasp patterns and learn intervention for specific grasp pattern errors.
- Practice skills for developing a dynamic grasp.
- Discuss techniques for working on grasp development for preschoolers through 1<sup>st</sup> graders, and then techniques for working on grasp for older students. Receive a code to access activities to work on pencil control and grasp development for both populations. OT/OTA's will discuss relevance to their setting. Teachers will discuss relevance to their classroom.
- Participate in active group discussion, on how to set up fine motor labs in a clinical or classroom setting (or to develop a mobile travel bag).
- Recognize the typical progression of handwriting in school and how to adapt ANY handwriting program to be more successful for students that struggle through large motor, medium motor and small motor techniques.
- Discuss techniques to work on sequencing and visual memory of letter formation.
- Practice remedial techniques for letter reversals and receive access to download reversal technique activities to use in clinical or classroom setting.
- Review research studies on multi-sensory handwriting at The Handwriting Clinic.
- \* Develop techniques for legibility in older students.
- Complete an evaluation form at the end of the workshop and discuss relevance of learning outcomes to clinical setting (OT's/OTA's) or educational setting (ABA therapists, teachers).

**Participants will receive a code to download over \$60 worth of products!**

### **Day 1 Charlotte, NC Only – 3:00 – 4:00**

\*\*\*We will practice facilitated writing, do a group activity, and have full walk around labs during this hour.

Objectives –

- Discuss techniques for number reversals
- Participate in walk around labs for fine motor and handwriting

**Charlotte, NC ONLY**

**First Strokes® ELIMINATE DYSGRAPHIA WITH FINE MOTOR,  
PRINT LEGIBILITY, CURSIVE AND KEYBOARDING TECHNIQUES!**

**DAY 2 Workshop 8:00 – 3:00 5.5 contact hours .55 AOTA CEU's (OT's and OTA's)**

**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 2<sup>nd</sup> grade and above. **Receive the One Hour to Legibility Workbook**

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

**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.

Participants will receive a One Hour to Legibility Workbook, a cursive workbook, and the keycode to download the First Strokes Multi-sensory Keyboarding Program.

**DAY 1 Workshop 8:00 – 4:00 6.5 contact hours .65 AOTA CEU's (OT's and OTA's)**

**DAY 2 Workshop 8:00 – 3:00 5.5 contact hours .55 AOTA CEU's (OT's and OTA's)**

ADA: If you require ADA accommodations, please contact The Handwriting Clinic at least 2 weeks before the seminar date so that arrangements can be made. Certificates will be awarded upon receipt of payment and successful completion of the inservice through actual attendance/contact hours, and submission of evaluation form. OT/OTA learners are required to identify how they will utilize the new knowledge and skills within their practice on the learner evaluation survey. Amended certificates will be mailed, indicating actual number of hours in live attendance (converted to CEU's). Mailed amended certificates will be provided for late arrivers or guests with early departure, if sign in and out registration is completed with workshop monitor.

Please note, if you leave early, you must complete an evaluation form.



OT's/OTA's: The Handwriting Clinic is an AOTA Approved Provider of continuing education. The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level: Introductory Category 1: Domain of OT 2: Occupational Therapy Process

#### **Cancellation Policy**

Please call our office in the event of a cancellation. Cancellations will be refunded in full if before 7 days of the workshop. Cancellations the week of the workshop will result in a \$20 cancellation fee.

#### **Registration is available by:**

1. Submitting registration by fax or purchase order
2. Online registration with credit card, available at **www.TheHandwritingClinic.com**
3. Register by phone with credit card: 972 633-1974
4. Register by mail with check

#### **Mailing address:**

1771 International Parkway, Ste. 101  
Richardson, Texas 75081

\*\*\* If you are submitting registration by mail within 2 weeks prior to the workshop, please ALSO call our phone number to

1. Check if workshop is still open
2. Help us hold a spot for you while your registration is in the mail.

\*\*\* We often do have spots open for late registrations, but it requires extra planning since we have shipped boxes. You can register online if the workshop is still open, but also please call us and leave a message so that we know you are coming.

# REGISTRATION FORM: (Use dark ink if faxing. Keep copy of this form for info.)

Name: Last, First (include title - ex. OT, OTR, or teacher so that we can do CEU's or contact hrs.) \_\_\_\_\_

Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Work Address \_\_\_\_\_

Home Address \_\_\_\_\_

Email address #1 (work email) \_\_\_\_\_

Email address #2 (personal email) \_\_\_\_\_

District/Facility Name \_\_\_\_\_

- Please fill out email/cell and/or home number and a personal email address in case we need to contact you. We may need to contact you if there is an emergency/workshop rescheduling due to weather/flight delay.
- Please attach a registration slip for each attendee and put in the same envelope, or call our office to let us know the names of the group. More forms available on First Strokes website or make copies from this brochure.

## Workshop Cost:

Please check box for

- 1 - 2 registrations **\$185** per attendee/day
- 3 - 4 registrations **\$170** per attendee/day
- 5 or more registrations **\$160** per attendee/day
- Student rate (internship students attending with supervising professional). Student does not count towards a group rate. **\$80** per attendee/day

I am registering for a workshop on the following date(s) \_\_\_\_\_.

Two day workshops: you may register for day 1, day 2 or both. To get a group rate, you must have a group per each day.

City of workshop: \_\_\_\_\_

Group registration: \_\_\_\_ yes \_\_\_\_ no      If yes, how many attendees in your group? \_\_\_\_\_  
(Please attach a list of names on a separate sheet – see attached)

Payment amount: \$ \_\_\_\_\_

## METHOD OF PAYMENT:

Personal check number: \_\_\_\_\_ Facility check number: \_\_\_\_\_  
Purchase order number: \_\_\_\_\_ Credit card type: \_\_\_\_\_

Credit card number: \_\_\_\_\_ Exp. Date \_\_\_\_\_



Please register early to insure a spot. We are limiting the size of the workshops. Early registration helps us tremendously!



**Group registrations - please list names of attendees on a separate sheet of paper.**

**\*\*\* Individuals at the \$185 rate may register online.**  
**\*\*\* Groups must register at the same time, or call with list of names prior to receiving registrations. If registering as a group, please send together in same envelope, or call our office.**  
**\*\*\* Please call Karen (972 633-1974) if you have any questions. Or email her at [office@thehandwritingclinic.com](mailto:office@thehandwritingclinic.com)**

