

## Schoolwide Occupational Therapy (OT) Asynchronous Curriculum

Beginning the week of September 14th, each student's Seesaw account will receive a new weekly occupational therapy enrichment activity from "Ms. Julie," NCRC's OT. These activities are designed to be self-paced so families can participate in as much (or as little) as they choose. Activities will include strategies for families in addition to an engaging developmental task for students. These activities may also include a theme to reflect either a seasonal trend or a school-wide initiative (ex. Engine Week).

Content of the occupational therapy activities will address the following skill sets to ensure students have the foundational skills needed to participate in daily activities in an expected way. Activities will address:

- Core strength and stability to support a solid postural base for gross and fine motor tasks
- Age-expected independence with self-help skills such as dressing, opening containers and using utensils
- Self-regulation skill development including the ability to:
  - recognize arousal states as they relate to attention, learning, and behavior
  - identify self-regulation tools appropriate across tasks and settings
  - develop a framework and vocabulary to help identify and regulate arousal for both home and school
  - More information about NCRC's self-regulation curriculum can be found [here](#)
- Upper extremity strength, bilateral coordination and developmental hand skills to improve independence with manipulatives and school tools (ex. markers, scissors)
- Visual perceptual and visual motor skills for design copy tasks in three-dimensional space (with a variety of constructional play materials) and two-dimensional space (paper-based tasks)
- For Pre-K, prewriting skills will also be addressed utilizing aspects of the Handwriting Without Tears® curriculum by providing multisensory activities to solidify automaticity and proper letter formation to allow students to focus on the content of their work, not the mechanics