

OCCUPATIONAL THERAPY TREATMENT PROGRAMME

Ideas for Developing Motor Accuracy / Pencil Control

- Always sit with feet flat on the floor with the hips, knees and elbows flexed at 90 degrees. The table should be at a height so that the elbows can rest comfortably.
- Encourage a correct pencil grip (tripod), a pencil grip can help position the fingers correctly.
- Practice drawing between tramlines.
- Practice doing dot to dots, mazes, colouring in, tracing around templates or stencils.
- Practice naming, tracing and copying simple shapes.
- Practice drawing people, houses, flowers – naming the shapes being used.
- When practising pencil skills start using a large scale initially, using different types of media to make it more interesting (chalk, foam, paint, different sized pencils / pens etc) and don't overload the page with too much information / too many tasks to complete.