

## OCCUPATIONAL THERAPY TREATMENT PROGRAMME

### Multi-sensory Approach to Pre-Writing Skills

#### Visual

- Write or scribble on different kinds of paper
- Use different tools (paintbrush, chalk, crayons, light up pen etc)
- Use special colouring books where the colour appears when water is used on the paper

#### Tactile

- Finger painting
- Using paints or crayons on sandpaper or other textured surfaces
- Write in sand, foam, mud, flour
- Trace finger around letter shapes made out of string, play dough, sandpaper

#### Olfactory (sense of smell)

- Draw with scented markers
- Add flavourings / scents to finger paints (use edible paint incase the scent makes the learner want to eat it)

#### Auditory

- Attach bells to a pencil / paintbrush
- Use a musical toothbrush to paint with

#### Gustatory (sense of taste)

- Use edible laces to form letters
- Draw with icing on a cake to decorate it

#### Proprioceptive

- Weighted pen or paint with weighted toothbrush
- Vibrating pen
- Write on a child's back with finger and get the learner to guess the shape / letter
- Use a spray / squeeze bottle with water to draw shapes and letters

#### Vestibular

- Walk, skip, jump shapes on the floor / over string or rope, shoes on or off
- Follow the leader to form letters and shapes