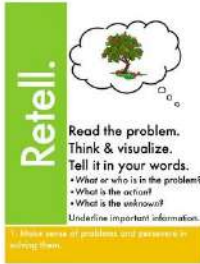
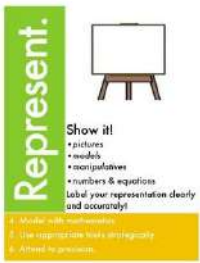



**Math****Reading/Writing**

Use manipulatives: counters, cheerios, beans, etc.	Orally review written directions
Use graph paper (3-5 grade) for computation, rows and columns for multiplication <a href="https://files.nc.gov/dpi/documents/files/eog_graph_paper.pdf">https://files.nc.gov/dpi/documents/files/eog_graph_paper.pdf</a>	Stop and Draw: while reading, stop at different points (each page, every couple of paragraphs, etc.) and have the child draw a picture of what is happening in the story. Each time they stop, have them add more details to the same picture.
Orally review written directions. Orally read the word problems. Chunk information on math word problems. Read it once to get the gist. Read the first part of the story problem. Circle important information. Read the next part of the story problem. Circle important information. What is happening in the story problem? Visualize it. Write an equation and solve. Is it a reasonable answer?	When possible, allow the student to listen to the story read aloud (either online or by someone at home)
Word problems (3-5 grade) Use the strategy: 3R's Retell- bullets of important information, one or two words each bullet   <b>Retell.</b> Read the problem. Think & visualize. Tell it in your words. • What or who is in the problem? • What is the actual? • What is the unknown? Underline important information. 1. Read some of problems and answers to solving them.	Use a place keeper (can be a notecard, side of a piece of paper, etc.) so the student can keep track of their place while reading.
Represent- equation and solve   <b>Represent.</b> Show it! • pictures • models • manipulatives • numbers & equations Label your representation clearly and accurately. 4. Model with mathematics 5. Use appropriate tools strategically 6. Attend to precision	

<p>Reason-Does it make sense?</p> 	
<p>Find real life experiences to practice word problems. When eating dinner, snack, playing, driving.</p>	<p>When answering questions, have them highlight where they found their answers in the passage/book.</p>
<p>Practice rote skills each day for short periods of time. Ex: math facts, counting, skip counting, reading high frequency words, spelling 3-5 frequency words at a time.</p>	<p>Help the child understand unknown words while reading. Use a graphic organizer to aid in understanding and reviewing new words.</p>
	<p>Audio Recording for Written Answers. Have the child provide their answer verbally and record it. Then have them listen to it in parts to be able to write their response in its entirety.</p>
	<p>K-2: Provide a model for written work.</p>
	<p>Use timers (visual if possible)</p>
	<p>Environment: Create a defined work space that is free from distractions, has limited visual and auditory stimuli (unless it is low, relaxing, instrumental music to aid in focus) and is comfortable but appropriate to do work. Also, only have the items needed to complete the current assignment out in the work area.</p>

### Work study skills

<p>Work for 20 minutes and then take a movement break for 3-5 minutes when needed. Ex: Complete one assignment and take a break. If the assignment is long, break up the assignment in 2 - 3 parts so that student can take a break. When needed, student can continue with the next part on the next day.</p>
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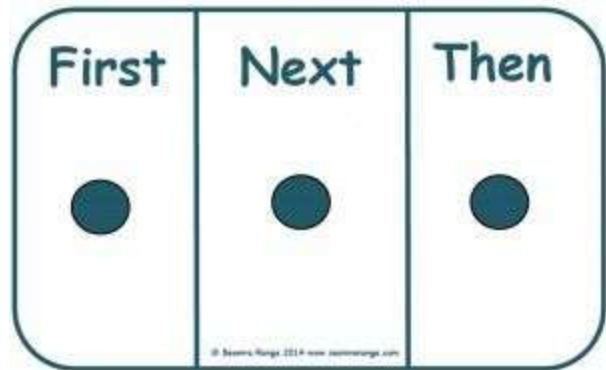
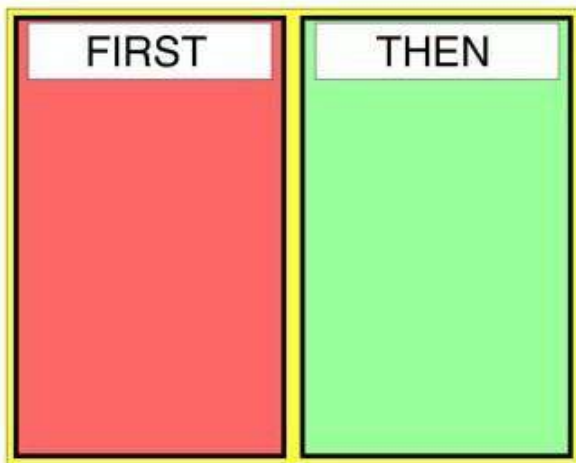
Brain break activity: look below for visual  
Use this when transitioning from one subject to another.

First and Then board: look below for visual  
Use this when a student needs to know that first he/she will work and then he/she will take a break, read a book, or something the student has in mind.

Use a schedule - write down on paper or white board, what the schedule is like for the day.  
Talk about it the night before.

- \*Wake up
- \* Make my bed
- \*Eat breakfast
- \*Get ready
- \*Reading assignment
- \*Brain break

Depending on the student and length of task, assignments can be done in one or two days.



# ROLL SOME BRAIN BREAKS

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

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Resources- Occupational Therapy

<https://www.toolstogrowot.com/free-therapy-resources/sort/date-new>

\*requires sign up, but has a free version

<https://www.ghcot.com/sensory-motor-activity-books/>

\*Free activity books, mostly visual perceptual and visual motor skills

[http://therapystreetforkids.com/?fbclid=IwAR1\\_CqDjyWRXk7kZ7dGsg-l8trD3tyzNfaeoJsCHAN2pUNXGa6pNeMtE6BM](http://therapystreetforkids.com/?fbclid=IwAR1_CqDjyWRXk7kZ7dGsg-l8trD3tyzNfaeoJsCHAN2pUNXGa6pNeMtE6BM)

\*variety of activities that are free

<https://www.how-to-type.com/>

\*free typing practice, very basic. Typing lessons practices basics, typing practice puts it all together (quotes, sentences, phrases)