

FIRST STROKES® WORKSHOPS!!!

DAY 1: Therapeutic Intervention for Fine Motor Gymnastics to Multi-sensory Print Therapeutic , Multi-sensory

Techniques for success.

8:00 – 3:00 5.5 contact hrs or .55 AOTA CEUs,

DAY 1: Therapeutic Intervention for Fine Motor/Writing Success for Children with Autism and Special Needs 3:15 – 5:00

1.5 contact hrs or .15 AOTA CEU's

DAY 2: ELIMINATE

DYSGRAPHIA: Multi-sensory Cursive, Keyboarding/Assistive Technology and Therapeutic Remedial Print for OLDER students

(2nd grade through teens) 8 - 2:30 5.0 contact hrs, or .5 AOTA CEU's

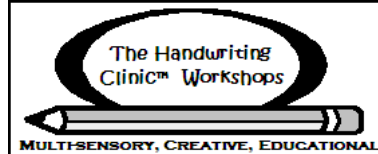
3 WORKSHOPS WITH THERAPEUTIC, CREATIVE IDEAS FOR FINE MOTOR SKILLS AND HANDWRITING!!!

Please share this brochure with:

Preschool Teachers, K - 3rd Grade Teachers,
Special Education Teachers, Principals,
Occupational Therapists, OT assistants
Dyslexia Coordinators, Parents,
Private Clinicians

Who Should Attend

- Occupational Therapists
- Occupational Therapy Assistants
- Preschool - 3rd grade teachers
- Dyslexia Coordinators and Teachers
- Special Education Teachers
- Principals
- Preschool Directors
- Parents
- Private Clinicians
- Private Tutors



WORKSHOP LOCATIONS:

(attend one or both days)

Feb 22-23, 2010 - **Jacksonville, FL**

Feb 24-25, 2010 - **Miami, FL**

March 10-11, 2010 - **Atlanta, GA**

March 29-30, 2010 - **Jackson, MS**

April 12-13, 2010 - **Bloomington, IL**

April 26-27, 2010 - **Louisville, KY**

May 3-4, 2010 - **Columbus, OH**

May 11-12, 2010 - **Milwaukee, WI**

WORKSHOP LOCATIONS:

Feb 22-23, 2010 - **Jacksonville, FL**
Sawgrass Marriott Golf Resort & Spa
1000 PGA Tour Blvd
Ponte Vedra Beach, FL 32802
904-285-7777

Feb 24-25, 2010 - **Miami, FL *** \$4 parking fee**
Embassy Suites – Miami Airport
3974 NW South River Dr
Miami, FL 33142
305-634-5000

March 10-11, 2010 - **Atlanta, GA**
Double Tree Hotel Atlanta/Roswell
1075 Holcomb Bridge Rd
Roswell, GA 30076
770-992-9600

March 29-30, 2010 - **Jackson, MS**
Hilton Jackson
1001 East County Line, Rd
Jackson, MS 39211
601-957-2800

April 12-13, 2010 - **Bloomington, IL**
Holiday Inn Hotel & Suites Airport
3202 East Empire Street
Bloomington, IL 61704
309-662-4700

April 26-27, 2010 - **Louisville, KY**
Park Inn Louisville East
1903 Embassy Square Blvd
Louisville, KY 40299
502-499-6220

May 3-4, 2010 - **Columbus, OH**
Embassy Suites Columbus
2700 Corporate Exchange Dr
Columbus, OH 43231
614-890-8600

May 11-12, 2010 - **Milwaukee, WI**
Sheraton Milwaukee Brookfield
375 South Moorland Rd
Brookfield, WI 53005
262-786-1100

Participants may come to Day 1 only, Day 2 only or BOTH days of workshops. However, in order to attend the late afternoon session on Day 1 (special needs workshop), attendees should attend the earlier session on Day 1.

In 2002, Jan McCleskey, MA, OTR founded The Handwriting Clinic™, in Plano, Texas after 19 years as an occupational therapist in the public schools. Each summer over 300 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 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 6 years, she has traveled extensively doing First Strokes® workshops nationally. NEW this year, by popular request is a 2 day workshop. Participants can attend one, two or all three workshops within two days. By having the new 2 day workshops, we are hoping to have more teachers and educational professionals, in addition to the therapists that always come. Because many educators may be interested in working with only one age group or children with special needs, we have designed the workshops by classroom age levels and types. One comment we always hear, is "I wish my teachers were here - these are such creative ideas they could use in their classroom. So, we are hoping that many educators will attend the workshops. Our intent is to empower the teachers and engineer the classroom, where fine motor skills are developed in center based activities, and handwriting is learned through multisensory techniques. Preschool and kindergarten fine motor and writing centers help tremendously to prevent problems in grasp development and writing BEFORE bad habits develop. For the older child, we have many techniques the teachers can use to quickly improve their students legibility in writing. Students who struggle with written expression, dysgraphia and spelling often benefit from improving print quickly to a functional level, learning cursive, and developing skills to use technology to enhance written expression and spell check. The Day 2 workshop will comprehensively address assessment and solutions for students who struggle, as well for the general population of students who are just learning new skills. ALL our workshops involve labs, multi-sensory learning and are FUN!!! Our clinic website is www.TheHandwritingClinic.com. You can download a brochure for our clinic - our motto is that if kids are having fun, they are learning! We give tons of creative ideas to teachers and therapists in our workshops - by looking at our clinic brochure it might make you excited to come to our workshops and experience cool, multi-sensory techniques that will work with any fine motor or handwriting curriculum. Our clinic is very researched based, and so are our workshops. Our therapists read journal articles, analyze anatomic and kinesthetic movements of the hand, and apply the knowledge to curriculum development and clinic protocols. If you are a therapist, this workshop will give you ideas for treatment planning, and also for consultation ideas for the classroom. Even therapists in private clinics would benefit from this workshop, and many clinics or school therapists have developed their own summer camps or handwriting groups! We hope occupational therapists will come and bring preschool teachers, elementary teachers, dyslexia coordinators, and special education teachers. Wear your jeans and tennis shoes - and be prepared for multi-sensory fun, walk-around labs, group activities, and cool demonstra-

Comments from Others Who Have Attended First Strokes® Workshops:

- *I have been a therapist for 20 years, and I dread going to inservices – they usually appear to be the same old thing and I rarely learn much new information. Thank you for all the wonderful ideas. I can use them immediately*
- *This was great! I loved all the multi-sensory ideas!*
- *I loved the remedial strategies for handwriting errors!*
- *"Nice reinforcer to Mary Benbow's 2.5 day handwriting conference. (Hers was clinical; yours was functional/applicable)"*
- *I loved being able to watch demonstrations. I liked the hands on approach of the lab portion. It helped develop/enhance clinical ideas"*
- *As an OT, I wish our teachers were here to hear this".*
- *This workshop was very applicable - can use it tomorrow"*

DAY 1: Therapeutic Intervention for Fine Motor Gymnastics to Multi-sensory Print

Therapeutic , Multi-sensory Techniques for success.

8:00 – 3:00 5.5 contact hrs or .55 AOTA CEUs,

*****COMPREHENSIVE OUTLINE OF THE DAY*****

**7:30 - 8:00
Registration**

7:30 - 8:00 Registration (MUFFINS OR BAGELS AND COFFEE/TEA)

8:00 START

8:00 **START:** Introduction and Fabulous Lab Demonstration

AM - GRASP/FINE MOTOR DEVELOPMENT/ INTERVENTION BASED ON RESEARCH

DEMONSTRATION – How to make homemade therapy putty.

How to teach grasp in a fun, simplified way that young students will understand.

Alternate Grasps – is a tripod the only manipulative grip?

Grasp Development - neurotypical progression

Scissors skills development

VIDEO: Two 3 year olds and 6 yr old to show progression of fine motor skills

Developmental progression of grasp (Schneck and Henderson)

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 on assessment, development, and most importantly – effective intervention

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

Prevalence of types of grip errors

Why young children have so many grip errors on writing tools

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

Common grip pattern errors – functional SOLUTIONS in the young child

Pencil Grips – parents and teachers have their favorite, but which work well for different grasp patterns. How to progress OFF

grips – the ultimate goal!

Fine motor labs for the classroom or clinic (creative, inexpensive ideas to encourage separation of the 2 sides of the hand

Tongs and tweezers labs

Scissor labs

Creative Coloring Labs that kids will like! Solutions for wrist stabilization/isolated finger movement

Other fine motor labs

DEMONSTRATION: Balloon animals Fizzing Foam Muffins

GRASP GAMES FOR PRIZES!!! (wear comfortable shoes – we all will participate!)

Relays,

Grasp themes – how to integrate fine motor tasks within a theme for lesson planning or clinical intervention

Fine Motor Rules poster – tip sheets with pictures to give to kids and parents (printable on your workshop CD)

GROUP ACTIVITY – Create your own fine motor lab for \$35!

Handedness

LAB: Grasp assessment - watch video and assess

11:30 - 12:30 LUNCH - on your own

**11:30 - 12:00
LUNCH
(on your
own)**

**Start
promptly at
12:30**

AFTER LUNCH - MULTI-SENSORY HANDWRITING

Learning to Write in School

Neurotypical Development versus what is expected in school? A quick review of graphomotor development at different age levels versus what students are expected to do in school. WHY we have so many problems in handwriting – even with neurotypical students!

D'Nealian versus Block Handwriting

CASE STUDIES – common problems in handwriting at different age levels

Multi-sensory Handwriting – how to help students who struggle, learn handwriting through multi-sensory learning.

Large Motor Kinesthetic activities

Medium Motor Kinesthetic activities – very creative ideas for even the reluctant child!

Receive on CD – resource list with the creative ideas.

Play with the creative ideas in walk around labs this afternoon!

Tips for teaching print

First Strokes overview of grouping letters

Figure ground – look at different programs handwriting paper

Adapted Paper/Cueing/Importance of the least amount of adaptation

Receive on CD – printable adapted paper

Verbal Cueing/Auditory Processing – simplify!

Tips for teachers

Small Motor Handwriting – on handwriting paper

Zaner Bloser paper

Look at typical problems with multi-sensory writing in schools (or clinic) – Develop ideas for resources on a budget to set up multi-sensory graphomotor/writing labs.

DAY 1: Therapeutic Intervention for Fine Motor Gymnastics to Multi-sensory Print OUTLINE OF THE DAY - CONTINUED

**1:30 - 1:45
BREAK
COOKIES!!**

1:30 - 1:45 BREAK (will have cookies/coffee available)

1:45 - 2:10 First Strokes Program – Print (*note – we will spend about 25 minutes on the First Strokes Print program, as a whole group lab. However, even through the First Strokes Program will be addressed, the focus of this inservice is how to improve fine motor and handwriting skills using any therapeutic program.*)

WOW

2:00 - 2:30 *WALK-AROUND EXPLORATION LABS FOR MULTISENSORY GRASP AND WRITING LABS!!! THIS IS ALWAYS EVERYONE'S FAVORITE ACTIVITY OF THE DAY. Over 50 stations! ALL RESOURCES ON WORKSHOP CD!

2:40 - 3:00 First Strokes Assessment – an overview (*note – participants will receive a printable copy of this assessment on the workshop CD – a \$45 value just for the assessment*)

**POST EVALS/FABULOUS PRIZES
PICK UP CERTIFICATES OF ATTENDANCE/CEU CERTIFICATE**

DAY 1: Therapeutic Intervention for Fine Motor/Writing Success for Children with Autism and Special Needs 3:15 – 5:00 1.5 contact hrs or .15 AOTA CEU's

3:00 - 3:15 Registration

**3:00 - 3:15
Registration**

3:15 START

Exceptional Children – Special Challenges in Fine Motor Development

Exceptional Children – Differences in Intervention

Readiness * Visual Motor * Fine Motor * Learning Individual Letter * Multi-sensory Writing * Adaptations
* Adapted Curriculum * Lightbox/Visual Cueing * Attention * Differences in Treatment Planning/Labs

**4:15 - 4:30
Break**

Making curriculum

Accessing curriculum from the First Strokes website

Making work tasks for fine motor skills and handwriting – and applying to an IEP

Art Activities for Fine Motor

VIDEO of a treatment session

5:00 END

4:15 - 4:30 BREAK

Sensorimotor Gym Activities

SMALL GROUP PROJECT: Application to a case study/treatment planning and goals and objectives

5:00 POST EVALS/PICK UP CERTIFICATES OF ATTENDANCE/CEU CERTIFICATE

DAY 2: ELIMINATE DYSGRAPHIA: Multi-sensory Cursive, Keyboarding/Assistive Technology and Therapeutic Remedial Print for OLDER students
(2nd grade through teens) 8 - 2:30 5.0 contact hrs, or .5 AOTA CEU's

**7:30 - 8:00
Registration**

7:30 - 8:00 Registration (MUFFINS OR BAGELS AND COFFEE/TEA)

8:00 START

8:00 START

Introduction

Audience Handwriting Samples (print, cursive, worksheet, LD simulation)

Dysgraphia

What is dysgraphia? What types of dysgraphia are there? Is “dysgraphia” a descriptive diagnosis? Why is “dysgraphia” a term that is overused?

Fine Motor Skills in the Older Child

Research on grasp, therapeutic activities, and eye hand coordination activities

Specific reasons to change grasp.

Treatment techniques

VIDEO of a FUN grasp class!

Problems with Legibility in School

Dyslexia, Disorder of Written Expression, Gifted Children - How is handwriting affected?

Case samples of grade levels

One Hour to Legibility in Print RECEIVE: * One Hour to Legibility Program (\$35 value) (CD includes assessment for older students)

Handwriting Errors in Print due to “a need for speed”

LAB: Assessment for 2nd graders and above - grasp, visual motor, eye-hand coordination, sizing, visual memory and speed/

Remedial Strategies for therapeutic intervention:

Notebook paper legibility and CR paper to teach sizing., visual cueing

Fill in the blank worksheet legibility

Math legibility - visual motor techniques

Zany Writing LAB - Make shaving cream monsters! Alien Eyeball Demonstration

Zany Writing Topic Recipes - COOL 3 minute crafts or quick science recipes to get even the most reluctant learner having fun! Use to have the student write about activity - ie, copy recipe with good legibility or write sentences or a paragraph with generalization of handwriting techniques learned within a session.

**9:30 - 9:45
BREAK**

**11:30 - 12:00
LUNCH
(on your
own)**

11:30 - 12:30 LUNCH

First Strokes Multi-sensory Cursive LAB: Handwriting Errors, Grouping by First Stroke, Sizing, Speed Cursive, Why do kids go back to printing? Visual memory of cursive - quick techniques for the classroom or clinic. Kinesthetic cursive. Multi-sensory Techniques and Visual Cueing Techniques.

First Strokes Keyboarding Program for students with learning differences:

Handwriting vs. Keyboarding

Assistive Technology - when is it important. Receive assistive technology resource handout

Software versus Multi-sensory Keyboarding Instruction

Multi--sensory , Therapeutic Keyboarding Instruction

On Keyboard Activities

Off Keyboard Activities

**Start
promptly at
12:30**

**2:30
END**

POST EVALS/FABULOUS PRIZES

PICK UP CERTIFICATES OF ATTENDANCE/CEU CERTIFICATE

Come to one or both days of workshops!

Learning Objectives

DAY 1: FM Gymnastics to Multisensory Print

- *Review selected research on grasp development and intervention and discuss reasons and strategies to change or “tweak” grasps when needed.
- *Practice assessment for fine motor/handwriting skills for preschool through older students.
- *Recognize remedial intervention techniques for letter formation, letter reversals, number reversals, kinesthetic handwriting.
- *Practice CREATIVE therapeutic techniques for large, medium and small motor learning of letter formation in print and cursive through walk-around labs that can be integrated into classroom or clinical settings.
- *Identify activities for grasp and writing labs within a classroom or clinical setting and receive a resource list of activities.
- *Identify incorrect grasp patterns and learn intervention for specific grasp pattern errors.
- *Recognize the typical progression of handwriting in school and how to adapt ANY handwriting program to be more successful for students that struggle.
- *Observe intervention techniques for remedial handwriting for number reversals.

DAY 1: Special Needs Section (late afternoon)

- *Discuss techniques for improving integration of handwriting from therapeutic intervention into generalization of skills into classroom, and apply to IEP development.
- *Do small group treatment planning for grasp/fine motor skills and handwriting within special populations.

DAY 2: Eliminate Dysgraphia (day 2)

- Practice therapeutic strategies to teach the One Hour to Legibility Program and Cursive programs through group labs and demonstration.
- Practice assessment techniques.
- Identify and practice remediation techniques for visual memory, visual cueing, and visual motor integration of handwriting within labs.
- Discuss case studies and intervention at different grade levels, and how to integrate skills into a classroom or clinic setting.
- Recognize assistive technology options for students with poor handwriting.
- Practice resources for creating zany writing ideas for generalization of handwriting into words, sentences and paragraphs with good sizing, spacing and form.
- Recognize on and off activities for multi-sensory keyboarding.
- Discuss “dysgraphia”, and other learning challenges, and intervention techniques.

Confirmation of Workshop/Cancellation Policy: Confirmations of registration are sent via fax or email. If a faxed or email confirmation cannot be sent, a post card is mailed. For inquiries regarding confirmation or cancellations, please email our workshop coordinator at Tammy@FirstStrokesHandwriting.com or call 972 814-1296. Cancellations made at least 7 days of the workshop are refundable less a \$20 administrative charge per registrant. For cancellations made after materials are packaged and or shipped /catering is confirmed, (less than 7 days prior to workshop), a \$30 administrative charge per registrant will be made, but all other workshop fees are fully refundable. If a registrant cannot attend, another person may attend in the registrants place, and continuing education credit will be awarded to the new registrant.

ADA Accommodations: Please call at least 2 weeks prior to workshop if you require ADA accommodations so that we can make arrangements.

Directions/Maps - available at www.FirstStrokesHandwriting.com - or type in address to Yahoo Maps. We cannot guarantee accuracy of maps - please allow extra time for traffic, weather conditions, etc.

Course Hours: Registration begins at 7:30 am and workshop starts at 8:00. Please be on time - we are required to give amended certificates for late arrivers. See each workshop for contact hours and CEUs. **OT's: Each workshop has been approved for AOTA CEU's.** *The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.* AOTA Education Level: Introductory (material is appropriate for introductory therapists, although workshop is appropriate for highly experienced therapists). Category 1: Domain of OT 2: OT Process ***Sign-in/sign out procedures will be adhered to. Certificate will reflect actual hours attended in the workshop. Teachers will earn certificates for contact hours.**

Please bring a sweater or a jacket. Dress is very casual - blue jeans ok!

WHAT MATERIALS DO I GET TO TAKE HOME??!!

	<u>Hand-outs</u>	<u>First Strokes Product</u>	<u>Workshop CD</u>
Day 1 Fine Motor Gymnastics to Multisensory Print	yes	Pencil Gymnastics Kit (\$24.95 value) Assessment for preschool - 1st grade (\$45 value)	*yes
Day 1 (late afternoon session) Autism/ Special Needs Workshop	yes		
Day 2 Eliminate Dysgraphia	yes	One Hour to Legibility Kit (CD, Assessment for 2nd gr and above, workbook, pkg of CR paper)	* yes

* if you attend both days, you will get one CD with information for both days.



**If printed out, the workshop CD has over 3 inches of printable, functional handouts, activities, training documents, and FUN stuff!!
A wonderful resource tool!**

Including:

Assessment for preschool - 1st grade
 Fun handwriting rules poster
 Training handouts for the attendee to use to train parents, colleagues, etc.
 An adapted curriculum with outlined font.
 Printable clip art, fine motor activities, eye hand coordination activities
 Slides of each inservice - all slides
 Grasp training worksheet
 Teaching numbers curriculum
 RESOURCE list - with a description of all multi-sensory writing labs, grasp
 Labs, recipes for zany writing topics, etc.
 Skills checklists
 Printable adapted paper
 Much more!

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

OT/COTA? _____

Name: Last, First, (include title - ex. OT, OTR,)

Work Phone _____ Cell Phone _____ Home Phone _____

Work Address _____

Home Address _____

Email address _____ Fax Number _____

District/Facility Name _____

Please attach a registration slip for each attendee. More forms available on First Strokes Website. Materials for each workshop will be shipped to workshop site.

WORKSHOP CITY: _____

Please write down location of workshop, then check the boxes below to indicate if you are coming to Day 1 part A, Day 1 part B and/or Day 2. You do not have to attend Day 1 in order to attend Day 2.

PLEASE CHECK BOX

DAY 1: First Strokes® THERAPEUTIC INTERVENTION FOR FINE MOTOR GYMNASTICS TO MULTI-SENSORY PRINT

8:00 – 3:00 pm

1 - 2 early registrations \$180.00 each

3- 4 early registrations (*) \$160 each**

5 or more early registrations (*) \$150 each**

- INCLUDES: Comprehensive CD of Handouts, Resources, Adapted Curriculum, inservice training handouts for your facility, Pencil Gymnastics Kit (\$24.95 value), Assessment for Pre-K - 1st grade, 10 percent off all one order coupon for additional products

DAY 1: First Strokes® THERAPEUTIC INTERVENTION FOR FINE MOTOR AND WRITING SUCCESS FOR CHILDREN WITH AUTISM AND SPECIAL NEEDS (must attend earlier session)

3:15 – 5:00 pm

\$25.00 per registration

DAY 2: ELIMINATE DYSGRAPHIA! Multi-sensory Cursive, Keyboarding/ Assistive Technology and Therapeutic Remedial Print for OLDER students (2nd grade through teens)

8 - 2:30 pm

1 - 2 early registration \$175.00 each

3 - 4 early registrations (*) \$165 each**

5 or more early registrations (*) \$150 each**

- INCLUDES: One Hour to Legibility Kit and Assessment for 2nd grade and above, 10 percent off one order coupon for additional products, Workshop CD

**** LATE REGISTRATION - ADD \$10 per person to TOTAL**

registration. Registrations must be received 8 days prior to the workshop to get the early registration reduced fee. Check website to see if workshop closed - but often late registrations are accepted and we would love to have you! If it is close to deadline, and registration is in the mail, just call and let us know! We want to send enough materials!!!

***** Groups must register at the same time, or call with list of names prior to receiving registrations. Groups may register online only if one credit card is used. **** Please call Tammy (972 814-1296) if you have any questions - she knows all the answers and is very helpful! She works M - TH, off Fridays. If you need help on Fridays, please call The Handwriting Clinic main number at 972 633-1974.**



TOTAL PAYMENT DUE:

Day 1 workshop fee: _____
Day 1 added workshop: _____
Day 2 workshop: _____
TOTAL DUE: _____

METHOD OF PAYMENT:

Personal check No. _____ Facility check no: _____

Purchase order No. _____ Credit card (Visa/Mastercard only)

(Credit card number: _____)

Exp. Date _____

Group registrations: Please list names of attendees that will be attending : (attach names separately if more space needed)

Day 1:

Day 2:

LATE REGISTRATION OFTEN AVAILABLE. Call or reg. online.



Registration by mail: Send to: Workshop Coordinator, First Strokes Workshops
1506 Capital Ave, Ste. 150 Plano, Texas 75074



Registration by phone : Call 972 814-1296 M,T,W, or Th (Ask for Tammy)
credit card only



Registration by fax: (purchase order/credit cards only) send to: 214 291 - 5435



Registration ONLINE: www.FirstStrokesHandwriting.com (this is an easy process!)

Registration online: (credit card only)

www.FirstStrokesHandwriting.com

**Thank you for
your
registration!**