



Treatment Planning

In the School Setting



Examples of treatment planning

Preparatory, occupation based and purposeful activities:

Sensory/GM

Balance/coordination

FM

VM

Handwriting

Coloring

Cutting



Preparatory activities

Preparatory activities will consist of sensory stimulation and exercises. Get the body ready!

- 3-5 minutes
- Attempt to not do table top activities
- Make it fun and motivating

Examples of activities:

- Sensory/gross motor activities
- Prone activities
- Therapy ball activities
- Balance and crossing midline activities

Occupation Based Activities

Students participate in activities that are play based and interesting to them.

Present two items the student enjoys but are goal oriented

- Fine motor and visual motor activities
 - Theraputty
 - Puzzles
 - Stringing beads



Purposeful Activity

Students participate in goal directed, therapeutic activities. This will include drawing shapes, coloring/cutting, handwriting, self-help skills (button, snap and zip, opening/closing containers).

Common goals addressed

1. Sensory processing/motor planning
2. Executive functioning skills
3. Attention and focus
4. Play skills
5. Self help skills
6. Balance, strength, endurance, coordination (fm,vm,bilateral coordination, eye/hand coordination, upper body/core strength, dexterity)
7. coloring/cutting
8. Drawing/copying shapes, letters, words and sentences

Theme Ideas

August/September: back to school, apples, leaves, acorns

October: Fall, Leaves/acorns, Halloween

November: Thanksgiving (pumpkin, turkeys, pilgrims)

December: Christmas (trees, angels, stars, presents)

January/February: Snow, hot chocolate

March: (St Patrick's Day, rainbow, pot of gold, leprechaun)

April/May: Spring, flowers, mothers day, bugs, rain

