

Children and Young People's  
Occupational Therapy Service



# Occupational Therapy

## School Kit List



EAST AYRSHIRE  
**Health & Social Care**  
Partnership



south ayrshire  
health & social care  
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Here is a list of items we recommend for nurseries/ schools to have in their Occupational Therapy kit.  
Why not find a box and start filling it!



## **Theraputty**

Used to develop hand strength, hand grips, pencil skills and tolerance to touch. Sold in different colours relating to strength.

## **Move 'n' Sit Cushion**

Great for the sensory seeking and fidgety child as it has an uneven surface and allows children to move, as needed, while they remain seated.

Stomach muscles are encouraged to work to help the back muscles, improving muscle tone and posture. It also relieves pressure on the lower back muscles from sitting for long periods.

## Dycem (non slip mats)

Dycem can stop objects moving, hold objects firmly in place and provide a better grip. It can be placed under paper for writing or to stop cups and plates from slipping during mealtimes.

## Caring Cutlery

Available in adult and junior sizes the caring cutlery provides finger positions to train children how to use cutlery correctly.

## Fidgets

Different fidgets can be used during carpet time when children need a concentration aid to help them keep their attention. Different children will prefer different fidget toys. There are many fidgets available, for example:



## Scissors

There are a range of scissors available to suit every child's needs. Here are a few examples:

### Easy Grip Scissors:

The continuous loop handle means the scissors re-open straight away when pressure is released.

### Long Loop Scissors

Long loop handles open to allow the strength of the middle, ring and little finger to be used.

## Therapy Ball & Peanut Ball

For children with poor balance (postural stability), exercise can be carried out on therapy balls to work on their core strength.

## Pencil Grips

A tripod pencil grip is where the pencil is held between the thumb and index finger, and rests on the side of the middle finger. It is considered to be the most efficient way to hold a pencil for handwriting. There are lots of different pencil grips available to help each child learn this.

**Ultra grip:**

Available in different sizes with the letter L and R to show where to place the thumb.

**Cross-guard grip:**

Has a special finger guard to stop the fingers from crossing over.

Other equipment to help with pencil grip include specialised pens/pencils such as stabile pen or vibrating pen.

**Sloped Writing board:**

An angled/sloped writing surface supports the hand and forearm when completing written work; brings text closer to the young person to read easier and promotes a comfortable upright seated posture.

Further information can be found on our website:  
<http://www.nhsaaa.net/services-a-to-z/children-and-young-peoples-occupational-therapy-service/>

**Notes/Additional items**

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## **Contact Information**

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## South Ayrshire

### Children and Young People's Occupational Therapy Services

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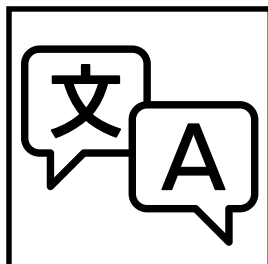
All new requests for assistance for Children and Young People's Occupational Therapy services should be forwarded to:

#### **The Rainbow House mailbox:**

[aa-uhb.clinical-rainbowhouse@aapct.scot.nhs.uk](mailto:aa-uhb.clinical-rainbowhouse@aapct.scot.nhs.uk)



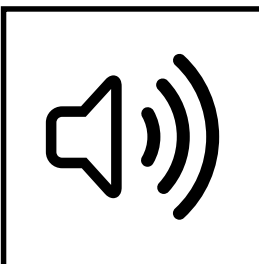
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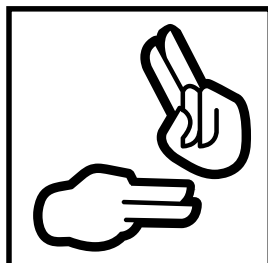
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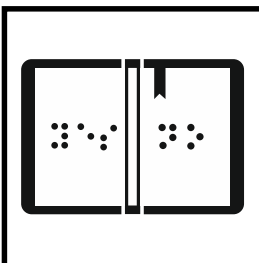
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