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Four Rivers
Special Education District

Student:_____ School/Teacher: _____ Grade: ___ Data Date Range: _____

**Directions: Choose at least one intervention in the area of difficulty. Implement a minimum of 3 times per week for 4 weeks. Put a "+" if the trial made a positive impact in the classroom. Put a "-" if there was no change in the classroom.**
**Email OTTherapy@frsed.org for any further questions.**

| **Strategies for LIGHT PENCIL PRESSURE** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Use a pencil with softer lead, like #1 lead. | | | | | | | | | | | | |
| Use a felt tip pen/marker. This generally requires less pressure. Dry-erase board and marker have a similar effect. | | | | | | | | | | | | |
| Use a vibrating pen/pencil or weighted pencil | | | | | | | | | | | | |
| Place sandpaper underneath writing paper. | | | | | | | | | | | | |
| Practice rubbing a crayon over rubbing plates or textures to work with pressure differences | | | | | | | | | | | | |
| Practice coloring a picture using a gradient with colored pencils | | | | | | | | | | | | |
| Strengthening the hand with fine motor activities such as working with tweezers, tongs, or single hole punchers | | | | | | | | | | | | |