

Managing Self



I am learning to strengthen my fine motor skills across a variety of situations.

Oscar is able to unzip his sweatshirt or bag completely independently. Way to go Oscar!



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While riding, Oscar is able to keep a straight back 85% of the time, without prompting. He is also able to complete the games/tasks with more accuracy i.e. posting the golf balls down the tube without dropping any, stretching to place a ball in the hoop, placing tins on top of the poles without any support.



Oscar is quite happy to wear his swimming goggles now for longer periods of time. This has increased the amount of time Oscar will put his head under the water.



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With increased fine motor skills, Oscar is able to confidently and independently use the touch with increased accuracy and success. He is able to easily activate the small icons for the apps he likes and to manipulate the images on the screen without any support.



I am learning to follow a visual recipe for cooking.

Oscar loves cooking sessions. He is able to make his peanut butter sandwich with minimal support (support required to spread the peanut butter), to prepare his weetbix and to make his own toast - from popping the bread in the toaster to spreading on the marmite or peanut butter. He does need some help to cut it, but does try really hard to do it himself. Oscar's ability to unscrew some of the jars/containers has really improved.



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Always really helpful, Oscar loves doing the dishes everyday and knows exactly where everything goes. He carefully dries the cups, plates and cutlery - making sure they are clean and dry before placing them back in the cupboard or drawer. He is able to consistently label them all correctly.



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Oscar loves the physical sessions with Carolyn and William. At the moment they are working on fine motor skills, especially around increasing the strength and resistance in the muscles in their hands. The tasks include gripping fabric and pulling weights on it across the floor, stretching out small elastic bands and pulling apart large pieces of velcro which provides a lot of resistance. He is growing in independence in each task.



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There has been a significant improvement in Oscar's ability to complete wooden puzzles. He shows improvement in his spatial awareness and his ability to manipulate the puzzle pieces. Time on the iPad playing wooden puzzles must be paying off.



I am learning to complete three cooking tasks.

During a cooking session today Oscar went straight into the kitchen and said he was making toast. He then got the toast bread out of the freezer, put it in the toaster and even got a plate ready for once it popped up. All of this unprompted!



Oscar will now take his feet off the bottom of the pool independently when submerged. He is also able to 'right' himself and regain his footing after floating.



Using the red dish Oscar was able to balance successfully for up to three minutes while it wobbled side to side. He didn't fall and used his arms to adjust his balance accordingly.



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Oscar was helping Aryan with the peg board today. As he was placing the pegs he identified all the colours correctly.



Oscar is so confident on the trampoline. He is now able to jump with ease (quite high at times), to lift his knees up and shows a great improvement in his balance and core strength.



I am learning to independently complete three defined motor tasks and show increased control.

While making toast Oscar is able to unscrew the lid of the marmite or Nutella with less support. He is now wrapping his fingers around the lid of the jar rather than using the palm of his hand.

