

This information is
for _____ only
and should not be shared.

Occupational Therapy
Development Centre

Occupational Therapy Handout

ORGANISATIONAL SKILL

To improve ability to organise belongings and environment

Select some of the following activities for your child to complete and encourage them to plan ahead their approach to the task

- Encourage the child to sort objects e.g. toys when tidying up
- Develop the ability to sort by different criteria e.g. size, shape, texture, length, purpose etc.
- Encourage the child to lay the table
- Encourage the child to unpack shopping sorting items into groups before putting away e.g. fridge items, vegetables, packets etc.
- Discuss with your child their time plan for the day e.g. what will you do this morning? What will you do after lunch?
- Encourage the child to pack school bag for the next day.
- Gradually withdraw the amount of help you are giving your child and encourage them to develop their own strategies for planning and organising, e.g. making lists, putting out reminders etc.

Adapted from Calderdale and Huddersfield NHS Foundation Trust