
Safety Week at Reece

By: The OT Team

Get Ready to Mask!



<https://www.youtube.com/watch?v=4KRuP1QGmhU>

Familiarize

- Consider wearing masks in home to get used to the look and feel.
- Video chat with family and friends while wearing masks.
- See if you can find photos of favorite celebrities wearing masks online.

LET'S PLAY A GAME!

ARE THEY WEARING THEIR MASK CORRECTLY?



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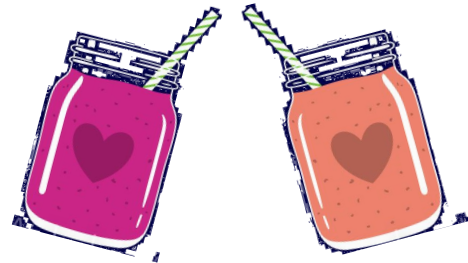
ARE THEY WEARING THEIR MASK CORRECTLY?





Prepare

- Heavy work and deep pressure can be calming. You can provide heavy work to your body by doing resistive exercise.
- You can provide heavy work to your mouth and cheeks by:
 - Blowing bubbles
 - Chewing gum
 - Having a crunchy or chewy snack
 - Moving pompoms or other lightweight objects by sucking/blowing a straw
 - Drinking thick smoothies with straws



Play!



- Decorate your masks!
- Practice putting masks on your toys or stuffed animals!
- Look for masks with fun designs or characters!
- Wear your mask and pretend you are a doctor, superhero, Star Wars character, or simply an everyday responsible citizen!



Practice

- Practice wearing your mask while you play or while watching a TV show.
 - Keep track and see if you can wear it for longer each time you try!
- Practice putting on and taking off a mask by touching the loops only!
- Practice using proper handwashing techniques and social distancing guidelines throughout the day!



Learn

- Discuss mask wearing as an important part of keeping everyone safe. This includes handwashing, social distancing, and other precautions your family is taking.
- Use information appropriate to your learning needs! Check out youtube and read social stories!



Explore

- Explore certain fits or fabrics to find the most comfortable!
- Try a loop extender or hats/headbands with hooks or buttons to hold your loops!
- Consider the scent of the material or detergent and whether it is comfortable!



Eye Safety

Keep a safe distance from devices.

- Try to stay at least 16 inches away from any screen.
 - Use a ruler to help you see how far away that really is and measure how close you usually are.
- Were you closer than you thought or just right?
 - You can also put a piece of tape on your desk or table to remind you how far away your device should be.



Eye Safety



Take regular breaks.

- Even though your teacher will tell you when to take a break from zoom, you can still give your eyes a break whenever you need to.
- At least every 20 minutes, look up from your screen and pick a spot to look at that is far away from you.
- Count to 20 while staring far away and then come right back to focusing on your class

Eye Safety



Try eye palming!

Eye palming is a technique you can use to fully relax your eyes and give them a much needed break.

Here's how to do it:

- Step 1: Rub your hands together to make them warm.
- Step 2: Cup your hands as you cover your eyes with them so that it is totally dark.
 - Check if there are any spots where light is coming in and adjust your hands as needed.
- Step 3: Take 10-30 seconds to fully relax your eyes.

You can keep your eyes closed or open.

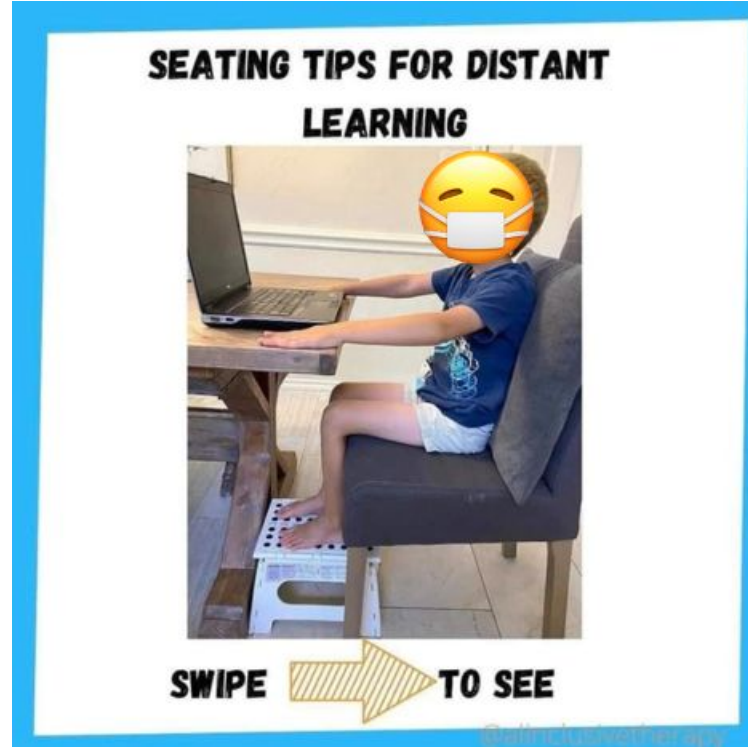
Eye Safety

Consider blue light blocking glasses.

- Blue light is a kind of light that comes from our electronic device screens. This kind of light can cause you to strain your eyes, feel tired, get headaches, or have trouble sleeping at night. Blue light glasses are non prescription lenses that help to filter out blue light from screens.
- You can also change your screen color settings to warmer colors to reduce the amount of blue light!



We've got your back!



We've got your back!



We've got your back!



**COMPUTER NOT
AT EYE LEVEL
MEANS CHILD'S
NECK IS FLEXED
THE ENTIRE TIME**

**ELEVATE
COMPUTER SO
NECK IS IN
NEUTRAL POSITION**



@alinclusivetherapy

We've got your back!



**NOT GOOD
NO SUPPORT
CHAIR TOO BIG**

GETTING THERE



**WE MADE IT...
FEET SUPPORTED, 2 PILLOWS FOR
ENOUGH BACK SUPPORT
HEAD IN NEUTRAL**

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We've got your back!

ALTERNATIVES TO TRADITIONAL SITTING

**PRONE (TUMMY)
IS A FAV
ALLOWS CHILD TO GET
OUT OF THAT FLEXION
PATTERN THE CHAIR
CREATES
GREAT FOR PROVIDING
PROPRIOCEPTIVE INPUT
AND UPPER BODY
STRENGTHENING**



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USE A PEANUT OR THERAPY BALL

**GREAT FOR
KIDDOS WHO
LIKE TO MOVE
OR WHEN KIDS
START TO GET
RESTLESS AND
TIRED OF
SITTING STILL**



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TALL-KNEEL OR HALF-KNEEL

**GREAT WAY
TO ENGAGE
THAT CORE!**



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