Maple Run Unified School District

Occupational & Physical Therapy

HELP PROMOTE INDEPENDENCE PUTTING ON A COAT!

-During dismissal and recess routines, consider taking the extra minutes to work on putting coats on by themselves!
-Practice during a movement break or as a circle time activity
-If bending to the floor is too hard to balance, put the coat on a table for less bending.
-Try these 3 different methods below. Some kids have a hard time with the Flip Trick, and might need an alternative method. Click the Link for more info.



THE FLIP TRICK



THE HOOD TRICK



THE CHAIR TRICK

-Try these songs and rhymes for teaching the Flip Trick: Click the link for video of songs:
Rhyme/Chant: “Tag to Toes, Hands in Holes, Over it Goes”
DIP & FLIP SONG
DO THE JACKET FLIP
DO THE FLIP-to the tune of “Do The Twist” -Have this song on in the background while practicing the flip trick. Teach the kids to sing “Do the FLIP” instead of twist.

THE HOKEY POKEY: Sing “You put the tag to your toes, your hands in the holes, over it goes, you do the hokey pokey and you turn yourself around, that’s what it's all about!” Once coats are on, you can continue the hokey pokey song with arms/legs/whole self, etc.