Some indicators that OT may be helpful:

- ☐ weak hands and/or hand muscles that fatigue easily while doing fine motor tasks
- ☐ difficulty learning gross motor tasks such as riding a bike, skipping or hopping
- ☐ overly sensitive or emotional to sensory stimulation including touch, textures, tastes, sound, movement
- ☐ under-responsive with decreased reactions to movement, touch, sound, or low emotional responses
- ☐ trouble with writing including pushing too hard or not hard enough, not being able to develop and maintain a good grasp on the pencil, and having trouble with size and spacing of letters
- ☐ trouble learning how to dress self and difficulty tying shoes and buttoning
- ☐ trouble keeping up with others in class
- ☐ difficulty reading and copying from the blackboard
- ☐ trouble cutting, tracing
- ☐ difficulty sitting in his/her seat and paying attention in class
- ☐ becomes tired easily
- ☐ stumbles and falls more frequently than others in peer group
- ☐ seeks intense physical contact
- ☐ has difficulty standing in line
- ☐ fails to follow multi-step verbal or written directions
- ☐ becomes upset by changes in plans and expectations
- ☐ confuses right and left

© 1989 - 2026 Community Therapists. All rights reserved.