

OT TIP OF THE WEEK



Praxis (Motor planning) is the brain's ability to plan, organise and carry out movement - To do this, the body and brain need clear sensory input and repeated experiences.

Challenges with praxis might look like:

- Unsure how to start ("I don't know what to do") or copies others first
- Appears clumsy, slow, or disorganised
- May struggle with handwriting, copying from the board, dressing or other fine motor tasks.
- Students may understand tasks well but still struggle to initiate, organise, and carry them out, which can look like avoidance, anxiety or lack of effort.

How does praxis link to sensory systems?

- Body awareness (proprioception): helps the child know where their body is to guide movement
- Touch (tactile): gives feedback about objects (e.g. how to hold tools, how much force to use)
- Movement (vestibular): supports balance, coordination, and planning actions in space
- Increasing sensory input can help some students - eg. Multi-sensory writing

How to support

- Model + do together (show, then guide)
- Break down the steps and focus on one at a time
- Try forward chaining (teach the first step first) or backward chaining (adult supports, child completes the final step)
- Build in repetition, gradually increasing independence