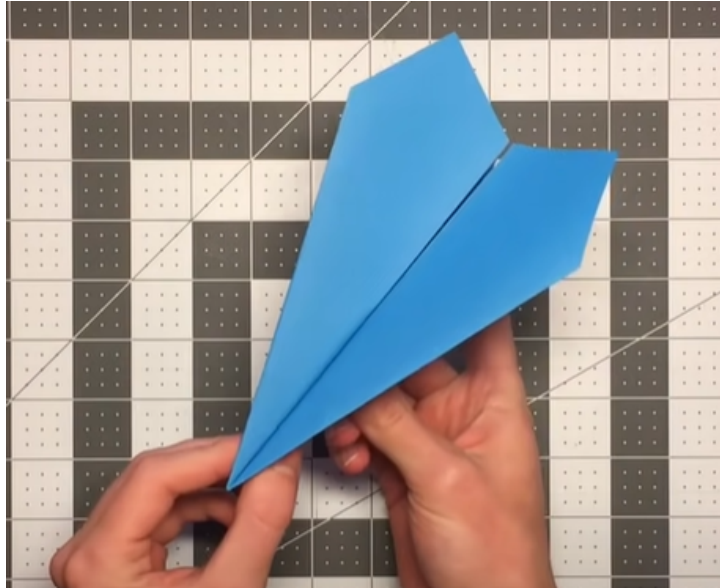


April 2022 - OT Month CTP Blog Post

Title: **See Your Child through OT Eyes**



Reference: Foldable Flight. (2018, November 28). [How to Fold an Easy Paper Airplane in 1 Minute \(60 seconds\)! — Flies Extremely Well!](https://www.youtube.com/watch?v=1PVA2nPU60U) YouTube.com.
<https://www.youtube.com/watch?v=1PVA2nPU60U>.

A lot of perseverance and a variety of skills are required to accomplish that all-time favorite activity of folding a paper airplane. It may seem like such a simple task, but children who experience difficulties in a variety of ways, whether through difficulties associated with a diagnosis such as Autism Spectrum Disorder (ASD) or Attention Hyperactivity Deficit Disorder (ADHD), difficulties with regulating and managing their emotions, or difficulties using their arms and hands to complete tabletop tasks, often find the activity of folding a paper airplane to be beyond their abilities.

This post will provide a glimpse into the clinical life and training of an Occupational Therapist (OT). An OT considers many very basic physical, emotional, and mental skills required to complete daily life activities, such as folding a paper airplane, and identifies which skills a particular child is struggling to attain and perform. The OT then uses daily life activities, such as folding a paper airplane, to target the skills a child is struggling to achieve and to promote the child's improvement in those target skill areas.

Below is a list (not comprehensive!) of those very basic physical, emotional, and mental skills required by an individual to demonstrate during the activity of folding a paper airplane. There are also definitions for the terminology involved and simple explanations for how each skill

pertains to the creation of such a classic piece of aerodynamics. (A website URL link to a great YouTube video is listed at the top of the page underneath the airplane picture, for whomever reading this blog is inclined to have some fun folding a paper airplane as you consider the following information!)

Term	Definition of Term	Application to Folding a paper airplane
Fine motor skills	The ability to complete delicate tasks with appropriate hand and finger movements and pressure.	To use your hands appropriately touch the buttons to play, stop, or rewind the video. To appropriately handle the paper for folding into airplane shape.
Eye-Hand Coordination	“The way that one’s hands and sight work together to be able to do things that require speed and accuracy (such as catching or hitting a ball).” Hand-eye coordination Definition & Meaning - Merriam-Webster	A person’s eyes have to look at the paper while the person’s hands have to fold the paper in the ways the eyes dictate.
Bilateral Coordination	Coordination: “the ability to make your arms, legs, and other body parts move in a controlled way” COORDINATION definition in the Cambridge English Dictionary Bilateral: using the two sides of a person’s body (right and left) together in the same movement patterns or different movement patterns. Reference: Bilateral Definition & Meaning - Merriam-Webster	The right hand holds the bottom of the paper still while the left hand folds the top edge of the paper down to meet the bottom edge of the paper.
Visual Perception	Visual: the sensory input of vision (eyesight) Perception: “a mental image”; “a capacity for	Requires visually seeing the paper as a whole unit as well as being able to identify specified sections of the paper in order to fold

	<p>comprehension” Perception Definition & Meaning - Merriam-Webster</p>	<p>the paper along lines drawn or printed on the paper, or to be able to identify specified sections of the paper to fold properly without having lines drawn.</p>
<p>Visual Perception: Depth Perception</p>	<p>Depth Perception: “the ability to judge the distance of objects and the spatial relationship of objects at different distances” Depth perception Definition & Meaning - Merriam-Webster</p>	<p>Being able to identify whether to fold the wings of the paper airplane toward (in front of the paper) or away (behind the paper) from the person’s body.</p>
<p>Hand Pincer grasp and strength</p>	<p>“Pincers <i>plural</i> : an instrument having two short handles and two grasping jaws working on a pivot and used for gripping things” Pincer Definition & Meaning - Merriam-Webster</p> <p><u>Application to the human body</u>: Pincer grasp refers to the human fingers, more specifically the thumb and opposing finger(s) (often the forefinger) of the same hand holding an item between the two parts of the hand.</p> <p><u>Strength</u>: having the finger and thumb strength to grasp and hold onto the thin piece of paper without letting go.</p>	<p>Pincer grasp and strength commands the ability to use your thumb and opposing fingers in coordination to grasp the edge of a piece of paper and the strength to hold that grasp position with your fingers while you manipulate (move the piece of paper) into position the way you want to fold the paper.</p> <p>Example: Holding the top edge of the paper with your pincer grasp of your left hand while you hold the paper still on the table with your right hand and bend the paper in half so the top edge of the paper lines up with the bottom edge of the paper.</p>
<p>Core Posture and Upper Body strength</p>	<p>Posture: the position or bearing of the body whether characteristic or assumed for a special purpose Posture Definition &</p>	<p>To sit upright at the table so the arms can move as needed without supporting the body on the table edge</p>

	<p>Meaning - Merriam-Webster</p> <ul style="list-style-type: none"> (such as core trunk strength to keep the body upright) <p>Upper Body Strength: strength in the chest, shoulder, arms, and hands to complete required tasks</p>	<p>Having the musculature strength in the upper body to complete the upper extremity (arm and hand) movements required for the specified task of folding the airplane</p>
<p>Tactile Sensation</p> <p>Auditory sensation</p> <p>Visual sensation</p>	<p>Sensation: a mental process (such as seeing, hearing, or smelling) resulting from the immediate external stimulation of a sense organ often as distinguished from a conscious awareness of the sensory process</p> <p>Sensation Definition & Meaning - Merriam-Webster</p>	<p>Tactile: To feel the paper between your fingers</p> <p>Auditory: To listen to the verbal instructions provided in the above-reference video without finding the noise input too difficult to tolerate</p> <p>Visual: To see the visual image and follow along as the video presenter demonstrates how to fold a paper airplane without finding the lighting of the video too difficult to tolerate</p>
<p>Communication</p>	<p>Communication: A process by which information is exchanged between individuals through a common system of symbols, signs, or behavior</p> <p>Communication Definition & Meaning - Merriam-Webster</p>	<p>Reading written instructions</p> <p>Listening to auditory instructions</p> <p>Watching visual instructions</p>
<p>Social skills</p>	<p>Social: of or relating to human society, the interaction of the individual and the group, or the welfare of human beings as members of society</p>	<p>Be able to appropriately ask for help when needed, appropriately ask for supplies if needed, and listen to instructions appropriately without</p>

	Social Definition & Meaning - Merriam-Webster	making negative or distracting comments or actions
Emotional Regulation	Regulate: to bring order, method, or uniformity to [emotions]. Regulate Definition & Meaning - Merriam-Webster	Be able to control frustration or boredom in age-appropriate ways to complete the activity as directed
Attention	Attention: the act or state of applying the mind to something Attention Definition & Meaning - Merriam-Webster	Be able to listen to and follow each instruction in the activity without losing focus or rushing through the task
Following Instructions	Follow: to be or act in accordance with. Follow Definition & Meaning - Merriam-Webster Instructions <i>plural</i> : an outline or manual of technical procedure Instruction Definition & Meaning - Merriam-Webster	Be able to mentally understand each instruction in the task and follow along to perform each task as instructed in the order instructed
Executive functioning	Executive Function: the group of complex mental processes and cognitive abilities (such as working memory, impulse inhibition, and reasoning) that control the skills (such as organizing tasks, remembering details, managing time, and solving problems) required for goal-directed behavior Executive function Definition & Meaning - Merriam-Webster	Involves the following several mental abilities: <ul style="list-style-type: none"> ● impulse control ● Shift attention between the task instructions and task performance as directed ● self-monitoring behavior ● problem-solving ● organizing and gathering the materials ● sequencing the steps ● remembering and following the instructions ● initiate the task and stop the task as and

		<p>when instructed</p> <ul style="list-style-type: none">● Monitor how well completion of the task is being achieved and whether or not adjustments need to occur to improve accuracy in task completion
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Thanks for joining me on this blog post! Always remember that every activity in life, no matter how small or seemingly simple, requires the implementation of a variety of physical, emotional, and mental skills in order to successfully accomplish the end goal in mind.

Please contact Children's Therapy Place, Inc. at <https://childrenstherapyplace.com/contact/> regarding any questions you may have about Occupational Therapy. Enjoy your new paper airplane, and have a wonderful day!

Blog post written by Megan Koyle, MOT, OTR//L
in honor of April as Occupational Therapy Month