

# DEVELOPMENT OF MOTOR PLANNING, PROBLEM SOLVING, & SOCIAL SKILLS

## MOTOR PLANNING

Refers to the ability to complete a novel motor task accurately; includes 3 steps: (1) ideation-coming up with the idea; (2) planning/sequencing- create a plan; (3) execution- carry out the plan

Some skills required include visualization, sensory processing, balance, coordination, fine & gross motor skills

## PROBLEM SOLVING

Refers to the process of finding solutions to complex or difficult issues; involves multiple steps including: (1) identify the problem; (2) assess the problem; (3) execute plan; (4) revise plan

## SOCIAL SKILLS

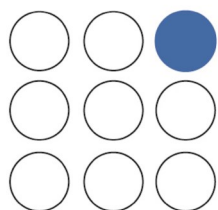
Refers to our ability to communicate and interact with others. Some skills required include perspective taking, verbal & non-verbal language, symbolic thinking

## Motor Planning & Problem Solving

- Allow for a variety of sensory experiences, including touch and movement
  - *Ex: sensory bins, messy play, swings, bikes*
- Allow for trial and error experiences
- Comment on the sensory components of a task
  - *"That is a TALL tower!"*
- Opportunities to play with games/toys that don't have clear rules or ways to play, such as blocks
- Challenge child to play a familiar game in a new way
- Pause and observe
  - *Wait before offering suggestions or physical help*
- Allow extra time for tasks that may require child to engage in problem solving (don't rush the process)
- Ask questions and wonder aloud
  - *"I wonder what would happen if..."*
  - *"How/what else could you...."*

## Social Emotional Skills

- Label emotions and help child connect behavior to inner feelings
- Allow child the time and resources needed to regain control over emotions and praise the effort rather than punish the inability
- Allow child to explore emotional themes and cause/effect in pretend play
- Support development of social perspective taking
  - *"I wonder how \_\_\_ feels/thinks..."*
  - *Use exaggerated affect (facial expressions & voice)*
- Help connect ideas, thoughts, and feelings
  - *"How did they make you feel?"*
  - *"How would you feel if..."*
  - *"Why do you want \_\_\_?"*
  - *"Which do you like better and why?"*



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