

# PLANNING & SEQUENCING

## What is Planning & Sequencing?

Planning and sequencing (Praxis) enables children to perform in many everyday tasks such as walking and playing sports. These skills are also needed for the activities we do every day like getting dressed, brushing our teeth or making a simple bowl of cereal.

Children need these skills to be able to organise themselves, follow instructions and learn new routines as well as participating in learning tasks, play and social interactions.

## Signs of planning and sequencing difficulties

- Appears clumsy or uncoordinated.
- Avoids physical activity or new challenges.
- Difficulty getting dressed.
- Takes a long time to complete routine tasks.
- Appears disorganised.
- Struggles to get thoughts onto paper.
- Has difficulty coming up with new ideas for games or plays repetitively.
- Has difficulty instructions with more than one step.
- Does not follow the correct sequences for everyday routines.

## The Components of Praxis

- *Ideation*: I have a great idea! I want to do this... Ideation is essential to navigating everyday challenges and engaging with the environment around you.
- *Motor Planning*: Figuring out the steps and body movements needed to make it happen. Motor planning involves fine and gross motor skills and is also closely linked to sensory processing.
- *Executing the Task*: Turning those thoughts into actions by combining the correct sequence of steps with smooth and coordinated movements.
- *Feedback*: Processing sensory feedback allows children to refine their movements and adapt them to master new skills.

Difficulties in one or more of these areas can lead to challenges across many skill areas.

## How does poor planning and sequencing impact children?

- Can make interacting and moving around their environment challenging.
- Difficulties with chewing and swallowing food.
- Difficulty learning new skills.
- Difficulty with handwriting and other classroom skills.
- Difficulty dressing, managing shoe laces, zips and buttons.
- Limited play.
- Difficulty problem solving.
- Difficulty with social interactions.
- Decreased independence
- Avoidant behaviours
- Frustration and low self esteem.

## ACTIVITIES SUPPORT PLANNING AND SEQUENCING

- Obstacle courses
- Animal walks
- Construction toys
- Ball games
- Dot to Dot puzzles
- Mazes
- Building cenens (Small World Toys)
- Simon Says
- Balancing games
- Sequencing and movement Games
- Break tasks down into small steps
- Give short and clear instructions
- Give verbal and physical guidance
- Visual Demonstrations - let them watch you or their peers complete the task first.
- Repetition

