

**KCJ
EDUCATION**

AFTER-SCHOOL CARE, TUTORING
& HOLIDAY PROGRAMMES

KCJ EDUCATION
OCCUPATIONAL THERAPY

Letter Reversal & Spatial Awareness Programme

A targeted **six-week** Occupational Therapy programme to help your child build the foundation skills needed to confidently recognise and write commonly reversed letters and develop strong spatial awareness.



Builds body awareness

Strengthens left-right, up-down understanding



Develops core strength

Supports focus, coordination and learning



Improves visual-spatial skills

Helps with scanning, tracking and noticing differences



Builds confidence

Gives lasting strategies for independent learning



More than handwriting – it's about building the skills behind it.

How it works

Each 30-minute session follows five purposeful developmental steps to keep your child engaged and make steady progress:

- 1 Sensory & Core Preparation**
"Heavy work" activities to activate muscles, regulate the nervous system and prepare for learning.
- 2 Spatial & Body Awareness**
Active games to develop clear left-right awareness on their own body.
- 3 Tactile & Kinaesthetic Letter Building**
Hands-on, movement-based activities to create strong muscle memory for each letter.
- 4 Visual Discrimination & Tracking**
Activities to scan from left to right and identify subtle differences between shapes.
- 5 Regulation & Review**
Calming breathing, mindful tracing and an independent self-check to finish feeling confident and ready to transition home.

Week-by-week progress

1-2

Building the Foundation

Focus on body awareness, core strength and left-right tracking to build a reliable internal sense of direction.

3-4

All Letter Reversal Confusions

Distinct movement rules and targeted activities for all commonly reversed letters (e.g. b/d, p/q, n/u, m/w and others). Teaching them separately reduces confusion and builds accurate motor patterns.

5-6

Mastery & Independence

Both letters are brought together through challenges, games and meaningful writing tasks. Your child also learns lasting self-check strategies to use independently at school.

What's included



6 x 30-minute individual sessions



Individualised planning and administration



All activity materials provided



Strategies to support learning at home

Investment

\$599

Complete six-week programme (inc. GST)

A structured, evidence-based approach to help your child build the skills for confident, independent learning.

