

School Therapy Occupational Therapy (STOT) Program: Video Series

School Therapy OT Video series have been approved by communications both within HPEI as well as Education and can be accessed through this link: [Department of Education and Lifelong Learning - YouTube](#)

The following are the links for the individual videos as well:

- Co-Regulation (Part 1) <https://www.youtube.com/watch?v=vo7bhAWEYf8&t=43s>
- Co-Regulation (Part 2) <https://www.youtube.com/watch?v=FliQfEGKWko&t=36s>
- Co-Regulation (Part 3) <https://www.youtube.com/watch?v=y9L-7Kvjr0&t=6s>
- Co-Regulation (Part 4) <https://www.youtube.com/watch?v=DIgigF-e574>
- Desk and Chairs <https://www.youtube.com/watch?v=8NTUi6iJkFA>
- Hand Strength <https://www.youtube.com/watch?v=04igYLGnc40>
- Core Strength (Part 1) <https://www.youtube.com/watch?v=pjefSMAHSRI>
- Core Strength (Part 2) <https://www.youtube.com/watch?v=8ovYEygzoo>
- Pencil Grasp <https://www.youtube.com/watch?v=Fs8f6L7y7c8&t=24s>
- Pre-Writing <https://www.youtube.com/watch?v=pMuMYLYqTnQ&t=11s>
- Scissor Skills <https://www.youtube.com/watch?v=izmn1C4z8B8&t=14s>
- Left handedness https://www.youtube.com/watch?v=3_m9ecl3S_k
- In-Hand Manipulation Skills: Rotation https://www.youtube.com/watch?v=hKa6o_DDEaY
- In-Hand Manipulation Skills: Shift <https://www.youtube.com/watch?v=Zva1Hvskanc>
- In-Hand Manipulation Skills: Translation <https://www.youtube.com/watch?v=o4QuTu7vz6E>

Currently we also have three of our videos translated into French:

- Utiliser des ciseaux <https://www.youtube.com/watch?v=SB4rjry8hz8>
- Prise du crayon <https://www.youtube.com/watch?v=vpyByeR-Z3A>
- Formes prérequis à l'écriture <https://www.youtube.com/watch?v=ooEoBzLrn1Y>