

Florida 4-H Accommodation Kit



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Adapted from Cable, J., & Cole, D. (2023). Accommodation Kit. University of Minnesota 4-H Youth Development. <https://4-h-volunteer.extension.umn.edu/train/toolkits-resource-lists/being-inclusive/accessibility>

This kit has been created to strengthen our commitment to welcoming and providing opportunity for all youth. We encourage you to utilize this kit to help foster a sense of belonging and provide simple accommodations for those engaged in our programs.

Purpose

- to support 4-H program staff and volunteers in creating inclusive, supportive learning environments where all youth can thrive, and
- to ensure 4-H staff and volunteers are equipped to provide reasonable accommodations during club meetings, programs, workshops, events, and any gathering where young people and families are present.

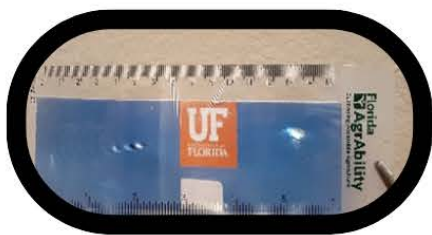
How to Use this Kit

- Place all items in this kit in an area that is readily accessible at 4-H meetings or activities. For example, place them at check-in tables or where activity supplies are available. Use disinfecting wipes to clean materials between each use (these are not provided for you).
- Faculty and Staff should let leaders and families know about the 4-H Accommodation Request form ([4-H Addendum ADA Accommodation Plan Request Form 6.16.22.pdf](#)); however, this kit should be made readily available to all, not dependent upon written requests.
- For additional insight on working with youth with disabilities, please see the accompanying [Disability Etiquette](#) tips by University of Minnesota Extension 4-H.



Visual and Auditory Focus

People often need support when it comes to focusing on and understanding the content that's being presented in our 4-H clubs and programs. To support varied manners of learning, consider the ways in which the information is being presented. Are there multiple ways people can engage in the learning (i.e., written formats, audio formats, partner or group communications, visual formats with drawings or illustrations, etc.)? These items can assist learners so they can focus on the materials presented.



- Timers (Clock or Sand): Utilizing a timer during activities can help people visually understand the passage of time. The timer can help ease transitions, encourage independence, and increase productivity.
- Bookmark Magnifier: Use with print materials to increase visual accessibility.
- Hearing Protector: Reducing auditory input can reduce stress, increase focus, and improve concentration for individuals that experience sensitivity to auditory stimuli.
- Highlighters: Highlighters emphasize the importance of specific content. Use for key words in directions and text by highlighting the words.



Fine Motor Supports

Fine motor skills involve the use of the smaller muscles of the hands, such as writing with pencils, cutting with scissors, sewing with thread, and designing or building with small items. To support learning and engagement in our clubs and programs, the following items can be used to help alleviate challenges associated with fine-motor skills.



- Pencil Grips: Pencil grips are ergonomically designed and support comfort, relieve pressure, and help youth with correct writing posture. To use, slide onto the pencil or other writing utensil.



- Grip Tape: Wrap around pencils, utensils, paint brushes, tools, etc. to help people better grip and control items being used.



- Loop Scissors: Loop scissors reduce the tension on hands and fingers and are suitable for right or left-handed individuals. The design will help support hand-eye coordination and fine-motor skills. Adult supervision is always encouraged.



- Tri Grip Markers, Tri Write Pencils, and Triangular Crayons: These are designed in a triangular shape to guide proper writing grip. The shape also helps prevent rolling off tables.



- Foam Grip Tubing: Pair these colorful foam tubes with a variety of common utensils to support self-sufficiency.



Fine Motor Supports Continued



- Grippers: These grippers provide a non-slip surface to assist in grasping and opening objects.



- Silicone Craft Mat: This mat is flexible, easy to clean, heat-resistant, and has a non-skid surface. It is adaptable for use with crafts or other small objects, so items don't move around.



- Multi-Sensory Writing Pages: These lined and textured pages support written activities through both sight and touch. The raised lines give people extra-sensorial cues to guide them in letter formation, spacing, and organization.



- Silicone Grip Assist Cuffs: Adjustable, non-slip, and washable, these tools aid individuals with limited grip strength. It can be used with a variety of everyday items such as utensils, toys, sports equipment, and more.



Sensory Items

Sensory items, such as fidgets, help people calm their mind, decrease stress, enhance learning, regulate their bodies, and improve concentration, alertness, and focus. They also increase tactile awareness and keep restless bodies busy.



- Fidgets: This assortment of small objects provides an outlet for purposeful self-regulation activity with the hands.



- Chair Bands: Stretchy rubber bounce bands provide an outlet for leg movement while seated.



- Pencil Toppers: These small objects fit over the top of a pencil or pen to provide an easy fidget device and prevent chewing on erasers.



- Wobble Cushion: This cushion creates instability while seated which can encourage building core strength as well as providing an output for youth with sensory disorders.



Communication Supports

These pictorial aids can assist in communication, understanding, and focus for those with hearing or speech impairments, anxiety, attention deficit, or other disabilities, as well as English language learners. Other suggestions include tablets, phones, or other electronic devices that may be provided.



- **Communication Cards:** For students whose verbal communication is limited, the picture cards can provide an effective way to communicate basic ideas and needs.



- **Visual Schedules and Supports:** Visual schedules support understanding and focus, enhance communication and participation, and reduce anxiety. Write on them with erasable markers and select from an assortment of activity cards to customize for individual or group use.