CLIXO
Classroom

Clixo and Occupational Therapy

Activity Guide

Written by
Dori Cohen
Occupational Therapist, OTR/L, MSCS, CSRS, LSVT-BIG certified

Online Activity Page

Clixo and Occupational Therapy

Activity Guide

CLIXO Classroom

Overview

Clixo is a versatile and engaging flexible magnetic tool that can be used in occupational therapy to help patients achieve functional goals through individualized treatment interventions and task modifications to create "just the right challenge". The following guide provides a variety of activities that target different therapeutic objectives, such as visual skills, fine motor coordination, and cognition. Appropriate populations include: Multiple Sclerosis, Parkinson's Disease, Stroke, Mild Cognitive Impairment (MCI), Post Concussion Syndrome, Cerebral Palsy.

Objective

These activities aim to promote independence and improve the quality of life for patients by providing therapeutic exercises that are both fun and functional.

Materials for Each Student

- A variety of Clixo pieces
- Flat surface
- Metallic surface (optional)

Skills

- Visual Skills: Oculomotor Function, Vergence, Preparation for Improved Reading Tolerance
- Cognition: Working Memory, Visual Attention, Sequencing, Problem–Solving
- Fine Motor Coordination: Bimanual Coordination, Tip to Tip Pinch, Tripod Pinch, Lateral Pinch

---



Introduce

Explain Clixo

- Introduce Clixo to the patient as a therapeutic tool that can be used to enhance various skills such as fine motor coordination, visual skills, and cognitive abilities.
- Show the different pieces and their magnetic connections, explaining how they can be manipulated to create different shapes and structures.

Demonstration

- Demonstrate how to connect and disconnect the pieces. Show some simple formations and structures to illustrate the versatility of Clixo.

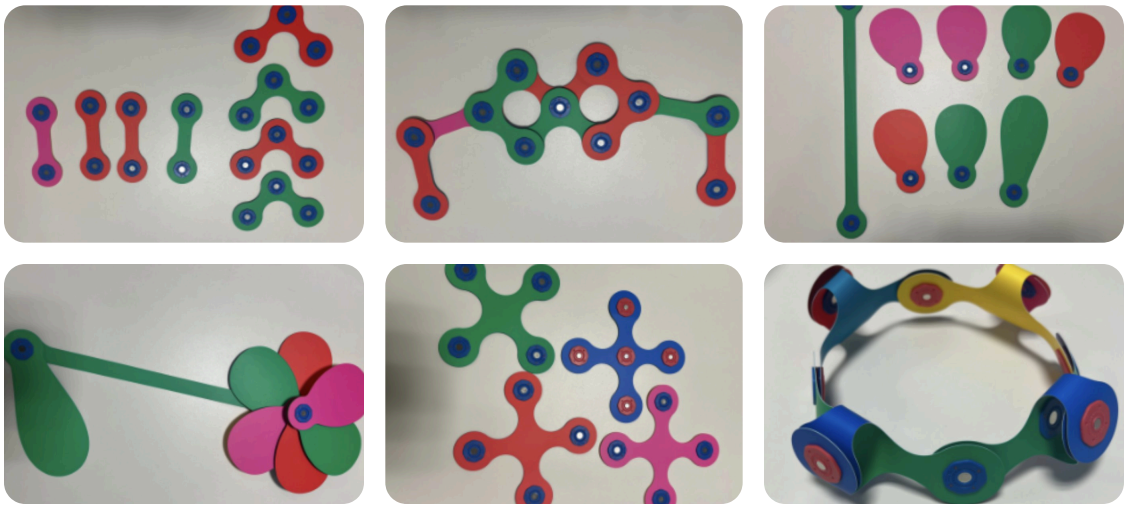
Patient Hands–On

- Allow the patient to explore the Clixo pieces, encouraging them to try connecting and disconnecting pieces. Provide guidance as needed to ensure they understand how to use the pieces.

Build & Create

The following activities demonstrate different ways to use Clixo to promote improved attention, working memory, & problem-solving skills with patients.

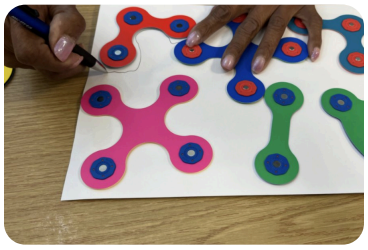
- **Cognition activities:** Ways to use Clixo to promote improved attention, working memory, & problem-solving skills
  - **Verbal Instructions:** Give a verbal prompt: "Use 3 of each type of Clixo piece to create a formation of your choice."
  - **Memory:** Recreate a formation once the object is removed from sight.
  - **Pattern Recognition:** Identify and continue a sequence.
  - **Shifting Attention:** Perform two Clixo projects simultaneously and shift back and forth.
  - **Matching:** Copy a design from an image and recreate the same formation twice.
  - **Prompt:** Create the following Clixo formations using only the pieces/colors shown in the images. Can you tell what it is?



- **Physical Functions activities:** Ways to use Clixo to promote upper extremity/hand function including coordination and pinch strength
  - **Functional Reaching:**
    - Position Clixo pieces along a large surface to promote reaching.
    - Create Clixo formations on a vertical surface (e.g., door).
    - Create Clixo formations while standing on a balance disc, marching in place, or toe-to-heel stance.
  - **Coordination and Pinch Strength:**
    - Disconnect all magnetic pieces and then recreate into like-piece piles.
    - Use different pinch patterns to retrieve and connect pieces.
    - Create a formation using one hand at a time.
    - Trace tile pieces to promote handwriting legibility and motor control.
  - **Prompt #1:** Use every single piece on the tabletop to create a 3D object of your choice – must use hemiparetic right hand to connect new pieces and left hand to stabilize object.
  - **Prompt #2:** Trace all the Clixo pieces to promote improved handwriting legibility and motor control.




- **Visual Skills Activities:** Ways to use Clixo to promote visual skills: eye teaming skills, saccadic eye movement, and smooth pursuits.
  - **Eye teaming skills, Saccadic eye movement, smooth pursuits:**
    - Duplicate a complex Clixo formation using an image.
    - Duplicate a Clixo pattern using written instructions.
    - Follow one piece with your eye and bring it to the connecting piece.
    - Bounce a ball in between each turn to focus eyes in different planes.
  - **Prompt:** Recreate this image using a diagram (same colors, same connections).





Share & Reflect

Have the patient reflect on their experience with a few guided questions:

- "What did you enjoy most about this activity?"
- "What was the most challenging part, and how did you overcome it?"