

BDPQ Chart

(Oculomotor, Visual Perception, Gross Motor, & Body Awareness)

Prerequisite: The patient is able to reasonably identify their alphabet letters and have full mobility with their body.

Purpose: To develop correct letter recognition, to develop directionality, and body awareness.

Appropriate for whom: Any patient who struggles with directionality, laterality or letter reversals.

Procedure:

1. Level 1: Place Stylized BDPQ slightly below eye level on the wall. Have the patient stand about 2-3 ft. away. Ensure they can clearly read the letters on the Chart.
2. Teach the patient how each letter has a body motion to symbolize that letter.
3. Illustrate this to the patient by drawing a stick-figure body on the whiteboard.
4. Draw each lower-case letter over the body to illustrate how that letter pertains to a part of their own body.
5. p = Right arm extends
6. b = Right leg extends
7. q = Left arm extends
8. d = Left leg extends
9. Demonstrate a few of the letters with appropriate body motions to the patient.
10. Remind the patient that the line of each letter refers to the center of their own body. Remind them to refer to the hoops of each letter and how that refers to their own body parts. Helpful Hint: "B's have bellies.... D's don't!"
11. Have the patient start reading through the chart slowly, with each letter they say, they need to make the appropriate motion with their body.

***illustration is drawn at the end of this document

Materials:

- BDPQ Chart (various charts for various levels)
- Patient, standing
- Metronome
- Patch if doing Monocular work. (not a requirement for this activity)

Key Observations/Questions:

- Is there motor/Cognitive conflict.
 - Do they struggle with saying the correct letter, while moving their corresponding appendage.
 - Are they hesitant in movement or more in speech.
- Is there proper Recognition, Identification and Processing.

- Recognition of the correct letter shape. Recognition of corresponding appendage
- Identification of the letter and appendage
- Processing- Saying the correct letter and moving the correct appendage.

Variations:

- Level 2: Add the metronome and have the patient recite letters and make body motions to the beat.
- Level 3: Use the non-stylized BDPQ Chart.
- Level 4: Use the BDPQ Easy-Word Chart
- Level 5: Use the BDPQ Difficult-Word Chart

Troubleshooting:

- Patient struggles with laterality
 - You may need to do some body mapping and tapping ahead of this activity
- Patient struggles with O.M. and loss of place on the chart
 - Try covering some of the information
 - Work on one letter repeatedly for a few rounds, then introduce a second letter and so on.
- The goal is fluid thought, speech and movement.

