Using Skitch with the Block and Box Strategy

Introduction

The Block and Box Technique helps to show features of the photo of what a bag, task or area (desk, cloakroom, bedroom) needs to look like.

Learning Objectives

In this activity, participants will learn how to use Skitch with the Block and Box Strategy to support Executive Functioning in the area of organizational skills and working memory.
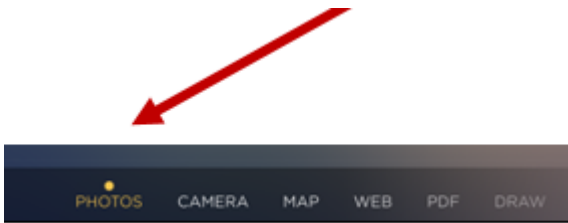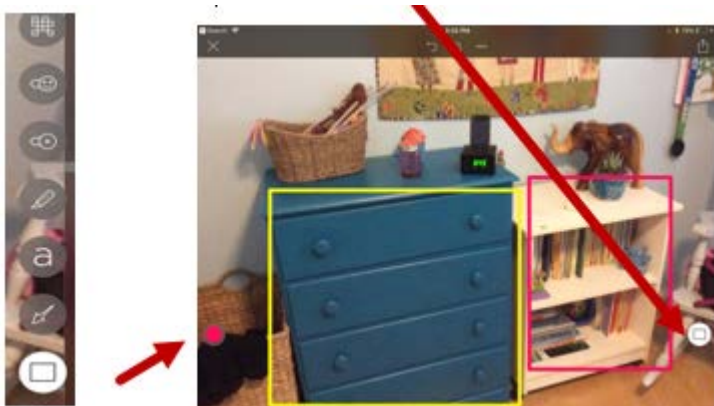
This tutorial assumes

- That you have an iPad
- that you have the most recent version of the Skitch app installed
- that you have a photo or camera

(This is the jumping off point. It allows you to set the parameters of previous knowledge or what needs to be in place prior to doing this task. This may include software installation, platforms, account registrations, updates and basic skills.)

Tip: Take the photo as a side profile or with the bag open.

Using Skitch with the Block and Box Strategy

1	**Open Skitch. Select Photos** Pick the photo from your camera roll that you want to import.	
2	**Tap on the shape tool** Select the colour on the right. Draw the shapes around areas on your photo. **TIP**: You might want to edit or crop photos in the photo app before importing	
3	**Add text to your photo.** Tap the 'a' Text tool to add labels. Select the colour on the right.	

4	**Share.** Tap the Share Icon top right and select Frequent and either Mail to email it or Photos to save to the camera roll.	