

OCCUPATIONAL THERAPY HOME ACTIVITIES

Here are some suggestions for fine motor, visual motor, sensory and self-help skills that you can do with your child at home while we are on break.

Some activities may not be appropriate for your child, so choose only those activities that you are comfortable with your child performing.

Take 5-20 minutes to explore an activity of your choosing!

****Parent supervision is needed for all activities.****

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GROSS MOTOR PLAY

COMPLETE GROSS MOTOR TYPE
PLAY BEFORE COMPLETING
SEATED WORK TO ENCOURAGE
IMPROVED ATTENTION TO TASK.

*IF YOU DON'T HAVE A DICE
FROM A GAME, JUST MAKE
NUMBERS ON SCRATCH PAPER OR
FIND A PRINTABLE DICE ONLINE
TO CUT, FOLD AND GLUE/TAPE

Roll Some Brain Breaks

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-6 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and take 10 deep breaths.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15 seconds	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

FINE MOTOR STRENGTHENING & Pincer Development- TONG/TWEEZER FUN!

1. Find household items that can be picked up with tongs, tweezers, clothespins, chip clips, kitchen tongs or just their fingers!
 - a. Items such as: pom poms, cotton balls, pasta, beans, small toys, small food items, etc.
2. Use tongs/tweezers to sort the items (can sort into water bottles, cupcake tins, etc)
3. Play “feed the animal”- use tongs and tweezers to “feed” food to animals (decorate water bottles or cups)
4. Feed the Munchie Ball (cut a slit in a tennis ball, squeeze and feed!)
5. Print clip matching cards (free online)



FINE MOTOR STRENGTHENING & Pincer Development - TACTILE PLAY

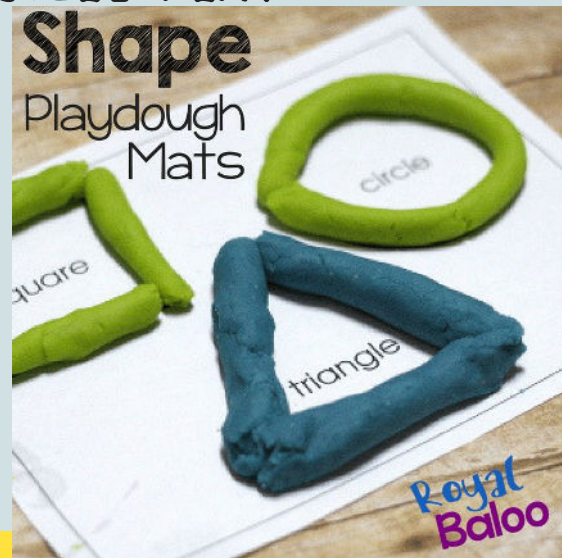
1. Play with playdoh, putty, or clay for hand strengthening activities:

- Hide coins/small toys in putty and have your child find them; Have your child hide coins for YOU to find
- Roll logs, flatten pancakes, make letters/ shapes
- cut /snip with safety scissors or a popsicle stick

*find homemade “playdoh” type recipes online (Pinterest has lots of options!)

2. Fingertip/Q-tip painting:

- use regular paper or find free templates online
- Watercolor paint, washable paint and stamp pads work great. Use anything can have on hand that makes color!!



STRINGING & CUTTING SKILLS

1. Find household items such as beads, tube-shaped pasta (rigatoni, penne) or snip straws into pieces
2. Find string (If you don't have any sort of string, shoelace or pipecleaner...you can use a long spaghetti noodle)
3. Have child hold "string" with non-dominant hand and thread the "bead" with the dominant hand
4. Tip: tie together and make a necklace or bracelet!

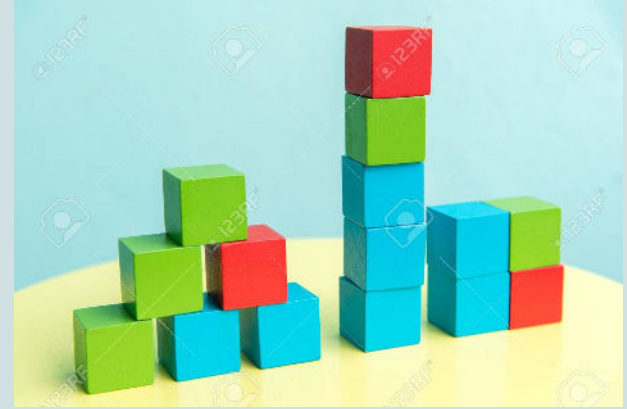
Extra cutting practice:

1. Draw curves/angles/shapes on index cards, construction paper, card stock, etc and have your child 'cut on the road'. The thicker the paper, the easier it is for your child to hold and cut. Computer & notebook paper are "floppy" and harder to control



BUILDING WITH BLOCKS OR LEGOS

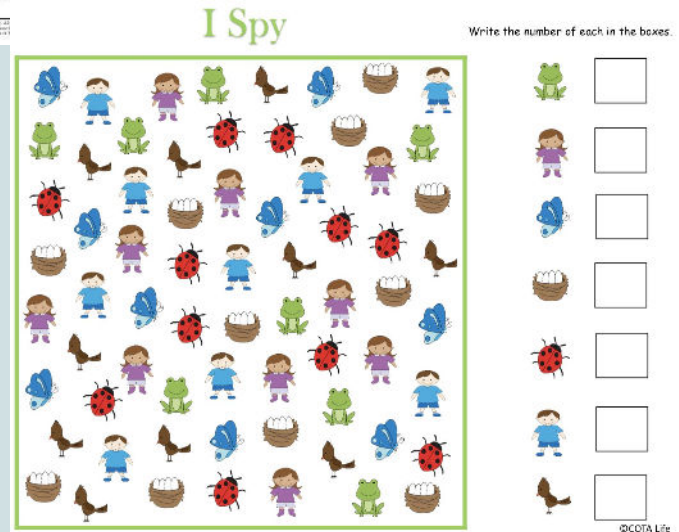
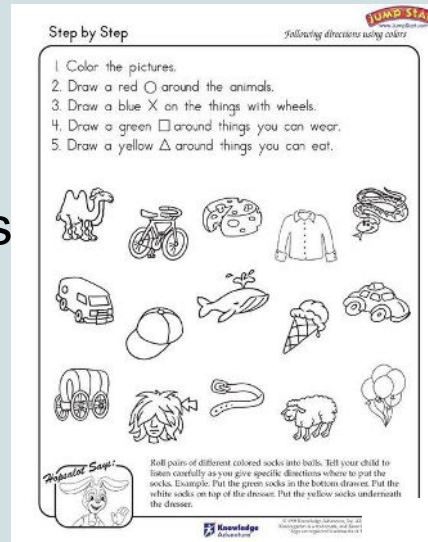
1. Use blocks or other household items (plastic cups, empty cardboard boxes, etc) to stack and create designs with blocks
2. Make a design for your child and have them imitate the design, if they can
3. Play a game with Legos taking turns making objects like a car, tree, etc (or use building instructions available for free at www.lego.com)



VISUAL MOTOR SKILLS

Games that enhance visual skills

- Mazes or Tracing worksheets
- Hidden picture worksheets
- Dot to dot worksheets
- Word searches
- Puzzles
- iSpy & Following directions worksheets
- What's different worksheets
- Connect Four
- Tic-tac-toe
- Bingo



HANDWRITING PRACTICE

1. Practice forming letters in various tactile mediums such as shaving cream, sand, rice trays, pudding, dirt
2. Have your child write a letter to a friend or family member
3. Encourage your child to make sure: letters are on the lines, spacing is appropriate

*Laying belly down on the floor is another great way to strengthen the upper body/core muscles and to encourage proper wrist positioning for writing activities. You can perform many of the activities listed in this resource in a variety of floor positions (criss cross applesauce, side lying, propped on pillows, etc)



PLAY OUTSIDE!

1. Draw/color/write with chalk
2. Collect and sort rocks, leaves, and sticks (play outdoor iSpy)
3. Use sticks and stones to form letters or shapes
4. Blowing and popping bubbles (works on isolating fingers!)
5. Go to the park or play in your backyard
 - a. At this time, it is not recommended to play on playground equipment unless it is in your backyard and not touched by other children
 - b. However, riding bikes, walking, running, skipping, jumping, hopping, completing jumping jacks and other non physical contact activities are all excellent activities to complete at the park



HOME TASKS FOR ALL AGES

Have your child participate in household chores with you when they are home!

- a. Folding towels/clothes
- b. Sweeping and using the vacuum
- c. Wiping down tables
- d. Putting their clothes and toys away
- e. Cleaning dishes
- f. Help make snacks



POSITIONING AND CAUSE/EFFECT PLAY RESOURCES

- Criss-Cross applesauce / Indian style with support.
- Have child lie on stomach on carpet or soft pallet. Encourage child to raise head and engage with family or interactive toys.
- Sit upright while leaning on parents for support. This is also great for bonding time
- Lie down on side with support as needed or prop safely in a corner space to play on a lap tray
- Explore various supported positions - seated in lap for play, floor stretches and size lying time as tolerated and safe, fully supported standing to help weight distribution in legs.



*Hand strengthening and grasp activities as tolerated: place toys and objects in hands to promote grasp and release and exploration of objects and toys (help complete activities such as shapes into sorter with hand over hand assistance).

*Play with cause and effect toys such as ones with lights and sounds when you press buttons.

*Explore various textures (hand over hand to explore textured toys, sand, water, playdoh, etc.)

*Encourage visual tracking of objects from side to side, up and down, etc to get range in neck and have movement.

HELPFUL WEBSITES & RESOURCES

- <https://www.ot-mom-learning-activities.com>
- Pinterest
- www.therapystreetforkids.com
- www.otplan.com (you can select a type of task, select items you have for use and then it will give activities to complete)
- www.yourtherapysource.com (Free Stuff tab will have resources to print)

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