

At-Home Activities and Resources for Students who Receive Occupational and Physical Therapy

****Please choose activities that are appropriate and safe for your individual child.****

SENSORY MOTOR ACTIVITIES:

<p>Sensory play includes those activities that stimulate children's senses.</p> 	<p>Shaving cream play with hands or feet or walking/crawling on bubble wrap</p> <p>Soft music (spa CD)</p>	<p>Play "Row, row, row, your boat" while both sitting on the floor gently pushing and pulling each other</p>	<p>Climb on pillows, hide under them, jump and 'crash' into them.</p> <p>Obstacle course</p>	<p>Wall pushes with hands and feet.</p> <p>Jumping jacks</p>	<p>Visual "eye spy" game. Place rice or beans in a bin and add small items (dice, clothespins, domino and have your child pick it out.</p>
<p>Calming Activities:</p>	<p>Have child play/work while standing up for a short period of time.</p>	<p>Have child engage in yoga, mindfulness activities or belly breathing</p>	<p>Let child know of any changes to their normal routine before those changes occur.</p>	<p>Provide child with a quiet space. Include soothing music, and a comfortable chair or soft pillows to sit on. Use soft lighting. This is not a space to work but to relax.</p>	<p>Have your child carry a few books from one room to another as they can easily manage.</p> <p>Have child push/pull a laundry basket filled with clothes to another area in the house.</p>
<p>Energizing Activities:</p>	<p>Have your child perform jumping jacks or play hopscotch.</p>	<p>Use toys that make noise or light up.</p>	<p>Play and dance to fast-paced music.</p>	<p>Have child sip on ice water through a sport bottle</p>	<p>Take a movement break with fast paced movements such as jogging in place, marching etc.</p>

VISUAL PERCEPTUAL ACTIVITIES:					
<p>Visual perceptual skills enable a child to make sense of and interpret what they are seeing.</p> 	<p>Hidden pictures games in books such as "Where's Waldo".</p>	<p>Picture drawing: Practice completing partially drawn pictures.</p>	<p>Dot-to-dot worksheets or puzzles.</p>	<p>Playing games such as Memory.</p>	<p>Identify objects by touch: Place plastic letters into a bag, and have the child identify the letter by "feel" (eyes closed). Then copy the letter onto paper.</p>
<p>Tips to promote concentration when doing schoolwork:</p> 	<p>Choose a quiet location in the home where your child has a table and chair and good lighting.</p>	<p>Allow your child to take short movement breaks.</p>	<p>Make a check list of assignments and check them off as they are completed.</p>	<p>Break longer tasks into shorter steps.</p>	<p>Use the 20/20/20 rule during computer work: At least every 20 minutes look away from screen at something approximately 20 feet away for 20 seconds</p>
<p>Websites for on task/organization skills for middle and high school students:</p>	<p><u>Organization Strategies:</u> https://www.oxfordlearning.com/organized-middle-school-students-parents/ https://www.understood.org/en/school-learning/learning-at-home/teaching-organizational-skills/how-to-teach-your-middle-schooler-organization-skills https://www.wikihow.com/Be-Organized-in-Middle-School https://www.learningascent.com/middle-school-organizational-skills/</p> <p><u>On task skills:</u> https://www.wikihow.com/Stay-on-Task-and-Be-Focused https://www.additudemag.com/slideshows/how-to-stay-on-task/ https://timemanagementninja.com/2017/07/10-tips-to-help-you-stay-on-one-task-until-its-done/</p> <p><u>Household Chores:</u> https://www.friendshipcircle.org/blog/2012/10/24/the-ten-benefits-of-chores-for-your-child-with-special-needs/ https://centerforparentingeducation.org/library-of-articles/responsibility-and-chores/part-i-benefits-of-chores/ https://www.verywellfamily.com/the-benefits-of-giving-kids-chores-620309</p>				

GROSS MOTOR ACTIVITIES:

Gross motor activities involve using the large muscles of the body.



Take a stroll in the backyard and gather rocks, sticks, and leaves. Compare sizes of objects and help your child sequence objects by size (smallest to biggest). Count the number of objects one by one.

While standing or seated in chair or wheelchair, have your child help you sort, match and fold clean laundry. This may include matching socks, folding towels and sorting folded clothes into piles by type of clothing.

In an open area, while standing or seated in chair or wheelchair, have your child toss a beach ball or light ball back and forth to each other. Or sit by your child and have him/her try to pass the ball back and forth while counting.

Create an obstacle course inside or outside that involves children moving in different locations and directions. Allow for enough space if the child utilizes a wheelchair or assistive device.

Create a fun game with your child by giving them a place to start and have them guess how many steps or propulsions (if in a wheelchair) they are away from you. As they move towards you, have them count their steps/propulsions aloud. Try different distances.

Advanced Gross Motor Activities:



Have your child assist in doing chores including navigating around the table and setting or clearing the table. (Paper or plastic dinnerware may be a safer alternative).

While safely positioned, either sitting or standing (depending on your child's tolerance and balance) play a game of Simon says. Provide assistance as needed to ensure safety especially while reaching forward.

Increase the difficulty of the above activity by challenging your child a bit by increasing the pace of the game and play hot potato.

Hide objects throughout the home or back yard. Create a scavenger hunt and have your child safely navigate throughout area searching for listed objects.

Increase the difficulty of the above activity by playing the "egg" in spoon game. Have the child hold an "egg" (or ball or beanbag) in a spoon while walking towards you. If in a wheelchair, place a light object (ie. ball) on their lap and have him/her propel towards you without dropping the object

Additional Wheelchair Activity:

8 minute wheel chair workout: <https://www.youtube.com/watch?v=q0ttPm8LSEk&feature=youtu.be>

FINE MOTOR ACTIVITIES:

Fine motor activities involve using the smaller muscles of the hand.



Play finger games such as “itsy bitsy spider”

Play Simon Says with finger movements such as wiggling your thumbs or touching your thumb to each fingertip

Use a large paintbrush to paint on a large sheet of paper. If desired, place paper on an easel or tape it to a wall to increase the use of different arm movements

Roll, pat, pinch playdough while making various creations

Pick up smaller cereal pieces one by one with thumb and index finger

Stack larger (2”-3”) blocks to make a tower or a house or another creation

Advanced Fine Motor Activities:



Play a board game with smaller pieces such as dice and/or pawns

Color a picture using short pieces of crayons (about 1 inch in length)

Hide smaller toys in a ball of playdough and have your child dig them out

Place coins into a slot cut into the lid of a coffee can. Challenge child to pick up 5 coins one by one and store in hand then release one by one into the slot without dropping any.

Build with manipulatives such as snap together type blocks

SCISSOR SKILLS:



Cutting is a learned skill that requires practice.

PRE-CUTTING

LEVEL:

Tear paper into smaller pieces and use them to make a collage

Use large tongs to pick up cotton balls and release into a container

Use squirt bottles, turkey basters or other squeeze and squirt water toys with a cup of water outside

BEGINNING CUTTING

LEVEL:

Use Children's scissors

Assist child to place scissors on hand correctly and hold scissors with thumb up (handshake position)

Begin with snipping the edge of paper and use thicker paper like construction paper or cardstock

Adult use a hole punch to punch holes in thicker paper then have child cut by directing scissors from one hole to the next. This will give them a tactile cue when they reach each hole

READY TO CUT

LEVEL:

Begin with straight lines and use short, thick paper such as a 4"x 6" piece of construction paper or cardstock.

Encourage child to hold paper steady with other hand with thumb on top of paper and away from scissor blades.

Cut paper into strips and use them to create letters in name

ADVANCED CUTTING

LEVEL:

Practice cutting curved lines, shapes with corners and circles.

Encourage child to take their time, keep looking at where the scissors are cutting on the paper, and adjust hands to stay on the lines as needed.

Cut out various shapes and glue them on another piece of paper to make an object such as a house or a sailboat.

HANDWRITING ACTIVITIES:			
<p>Handwriting is a learned skill that requires practice.</p> 	<p><u>Pre-writing activities:</u> Practice making lines from:</p> <ul style="list-style-type: none"> • top to bottom • left to right • practice making circles going in counterclockwise direction 	<p><u>Beginning writing activities:</u> Practice forming letters using worksheets that provide directional arrows for letter strokes. Verbally describe these strokes as your child makes them (ex. Make a line going down, make a line going across, make a line going around, etc)</p> <p>*Provide supervision as needed to ensure safety.</p>	<p><u>Word, sentence and paragraph writing activities:</u> Have your child proofread their written assignments for the following:</p> <ul style="list-style-type: none"> • Are all my letters neat and easy to read? • Do my tall letters reach the top of the line (b,d,f,h,k,l)? • Do my hanging letters go below the line (g,j,p,q,y)? • Is there space between my words? <p>*Provide supervision as needed to ensure safety.</p>
<p>Websites for handwriting practice:</p>	<p>https://appytherapy.com/handwriting-heroes/ https://www.themeasuredmom.com/free-handwriting-worksheets-for-preschool/</p>		