HOME ACTIVITIES

OCCUPATIONAL THERAPY
**Parent Supervision is needed for all activities.**

Each activity should take between 5-20 minutes each.

**Important Skills:**

The following activities are quick activities that each work on a variety of perceptual, and many more skills at home.

School isn't in session? Then let's work on fine motor, visual motor, visual

**Home Activities**

**Occupational Therapy**
1. Find household items such as beads, tubes, pasta (rigatoni, penne, etc.).

2. Find stringing materials.

3. Have child hold string with non-dominant hand and thread the "bead" with the other hand and thread the "bead together and make a necklace or bracelet.

4. Tip: the together and make a necklace or bracelet hand.
Provide a visual demonstration of starting and ending dots on each side.

C. Cues as needed

By:

1. Place a large piece of paper on the floor.

2. Ask your child to sit on or below the paper.

3. Give the child crayons and ask them to draw.

4. You can grade this activity to meet their needs.

an arch from one side to the other side, crossing the midline with Rainbow Drawing.

RAINBOW ARCH
DIY SENSORY BINS

1. Find a medium sized container or shoebox
2. Find items in your house they can be used for a sensory bin (uncooked beans, uncooked rice, uncooked pasta, etc.)
3. Ask your child to help you fill the box halfway
4. You can draw a line and have them fill it to the line for an extra challenge
5. Have your child find items and then place them on theGameboard or puzzle.
TONG/TWEEZER FUN!

1. Find household items that can be picked up with tongs or tweezers... or just their fingers!

2. Use tongs/tweezers to sort the items (can sort small toys, etc.)

3. Play "Feed the Animal" - use tongs and into water bottles, cupcake tins, etc.

4. Items such as: pom poms, cotton balls, pasta, beans,

TIP: You can also use clothespins as an alternative.

water bottles or cups

tweezers to "feed" food to animals (decorate
tweezers to "feed" food to animals (decorate

to tongs/tweezers
1. Find household items with straight sides such as popsicle sticks, Q-tips, pieces of spaghetti.

2. Draw shapes with straight sides on the piece of paper (vertical line, horizontal line, triangle).

3. Have your child use the items to "trace" the shapes (square, rectangle, etc.).

PRE-WRITING SHAPES/STROKES
1. Use household items and furniture to build an obstacle course.
2. Place pillow pieces on one side and a puzzle.
3. Make tunnels and "stepping stones".
4. Have your child go through the obstacle course and place the pieces on the puzzle.

BUILD AN OBSTACLE COURSE
d. Have your child hide coins for you to find.

b. Roll logs, flatten pancakes, child find them.

a. Hide coins/small toys in putty and have your

strengthening activities:

1. Play with playdoh, putty, or clay for hand

TACTILE PLAY
1. Use Q-tips or cotton balls (or paint brushes) to paint pictures of things your child likes:

2. If you have access to a computer and printer, you can find Q-tip painting pages online.

3. If you don't have access to a computer or printer, you can draw a picture of your child to paint on or have them create their own.
1. Gross motor activities are great for strengthening the upper body, hands, and wrists muscles.
2. Play games that promote weight-bearing on the upper arms.
3. Add some extra challenge by adding a puzzle.
   a. Wheelbarrow walks
   b. Act like an animal
   c. Crawling through tunnels

Sensory Room Activities List:

Animal Walks

ROSS-MOTOR FUN!
1. Laying belly down on the floor is another great way to strengthen the upper body/core.

2. Most activities can be done on the floor.

   a. Drawing/Coloring
   b. Games
   c. Puzzles
   d. Fine motor activities
   e. Sorting laundry with mom and dad
   f. Playing with toys

Floor Time
1. Use blocks or other household items to stack.

2. Make a design for your child and have them create designs with blocks.

Imitate the design, if they can.
1. Draw/color/write with chalk
2. Collect and sort rocks, leaves, and sticks
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

Play Outside!

Supervision - all should be used with close parent

Sensory input to the body (slides, swings, monkey bars - all should be used with close parent)

Playground/park equipment is great for providing...
HELPFUL WEBSITES

1. https://www.of-mom-learning-activities.com


3. Pinterest
Activities to build Strength, Stability and Bilateral Coordination

- Do activities on a vertical surface
  - Draw or write on a chalk or dry-erase board
  - Paint on an easel
  - Tape paper on the wall for the child to write, draw, or paint on
- Lay prone (on your stomach) over yoga or exercise ball so that your hands are supporting you. Play a game or do a puzzle. Or practice walking your hands out as far as you can go and then back. Don't let your feet touch the ground!
- Place an exercise ball (small) under knees and do push-ups
- Play tug of war
- Lay prone on a scooter board and push yourself around. These are great for races with your siblings or friends. Or have someone hold a rope and let you pull yourself to them hand over hand.
- Fly a kite
- Hammering activities (**with supervision**)  
- Animal walk
  - Crab
  - Bear
  - Wheelbarrow
  - Frog
  - Army crawl
- Help with chores
  - Carry in groceries
  - Vacuum
  - Sweep
  - Wipe the table and counters
  - Erase the board
  - Carry the laundry basket for your parents
  - Mop
  - Push the chairs in after dinner
  - Carry a watering can or bucket to water the flowers
  - Take out the trash
  - Clean the windows or the mirror
  - Rake
  - Shovel
  - Dig
- Swim
- Play sports involving your hands
  - Baseball
  - Basketball
  - Gymnastics
  - Karate
- Build a fort with blankets, chairs, and pillows
- Chair push-ups
- Wall pushes
  - Pretend to push down the wall, like you are the Hulk
  - Hold up the wall, don't let it fall
- Do activities in the crawling position
- Draw on the sidewalk
- Race
- Color
- Play with your toys
Writing Materials:
More Than Just Paper and Pencil

Your child can write in:
- Whipped cream
- Shaving cream
- Pudding
- Sand
- Dirt
- Sugar
- Finger paint

Your child can write with:
- Markers
- Crayons
- Paint
- Chalk and chalkboard
- Dry-erase markers
- Water and paintbrush on the sidewalk or paper
- Sidewalk chalk

Your child can use:
- Magna-Doodle
- Scrabble tiles
- Boggle cubes
- Alpha-bits cereal
- Magnetic letters
- Wooden alphabet blocks
- Alphabet puzzle pieces
- Playdough
- Stencils
- Rubber stamps and ink
Toys which help fine and visual motor skills

Fine Motor Toys which keep giving (generally inexpensive, readily available at resale stores and do not require batteries or make noise!!). These toys are also available at most stores that sell toys like Target, Kmart, WalMart, Toys R’ Us. These toys can help your child build their fine motor skills as well as visual motor skills which are the foundations for writing and reading. Additionally, there are endless ways the kids can combine these toys to create things.

Art (all ages)

Easel (allows a specific space to contain "art" as well as most have chalkboards that don’t require lots of paper.

Get a box and put in glue (both stick and elmers) scissors, papers, stickers, crayons, markers, paint (water colors, fingerpaint and other washable paint (I really like the Crayola brand as they wash off things the best). Get some small packets of pom poms, feathers, beads. Help the kids to be creative to draw, color and create "art"—most of this is available at the dollar stores. Many of the stores like Aldi’s, Ikea and Discount store carry easels around this time of the year.

Blocks (all ages)

Wooden or foam- work on building tower, then structures likes roads/bridges then have them make "house" for their animal, action figures and polly pocket or other dolls.

Connecting Blocks- Just Blocks or Brick are better than sets that make one thing.

Ages 3  Mega blocks  or Duplo Legos This are large enough even for little hands and allows lots of play options

Age 4-5. The TRIO blocks, Kid K’Nex, Lincoln Logs, Tinker Toys

Five year olds Legos or Pop beads
Games - work on fine motor skills, snapping a spinner, counting, color recognition and turn taking as well as sportsmanship. Usually on sale before the this time of the year

Three Year Olds Hi Ho Cherry-O, Don't Spill the Beans, Ant's In Pant's and Cooties

Four and Five year Olds—Candyland and Chutes and Ladders

Puzzle-
Move from Inset to Interlocking increasing difficulty and number of pieces

Playdough (all ages)
Can use Mr. or Mrs. Potato Head parts to make play doh people.

This is the recipe I use both at home for my Kids at home and your kids at school.

Play Dough Recipe (from www.kinderplanet.com/playdoh.htm)

⅓ cup salt 1 cup flour 1 tablespoon cream of tartar (found in the spice aisle) 1 tablespoon oil 1 cup water

Optional (you can use food color to color the play dough and extracts such as vanilla, mint or lemon to scent the play doh. What to do

1. Combine ingredients in a saucepan. Heat gently, stirring all the time. When the dough has a good consistency, take it off the heat and allow it to cool. If the dough is a little sticky, you can knead in more flour.

I usually double this recipe and store in a plastic container or Ziploc bag. Patty Schneider Gibson- OT
Core Strength

POSITIONING CARDS

- Core Strength involves the activation of the muscles of the torso and neck that keep the trunk and head stable, aligned, and erect when the limbs are moving.

- A strong and steady core provides the stable base needed for optimal body posture, as well as fine and gross motor development.
Core Strength Positioning Cards

Benefits of Using Position Picture Cards

- A fun way to encourage children to develop core strength, balance, and overall body strength.
- The process of assuming and maintaining these positions helps strengthen core muscles, including abdominal muscles, back muscles and the muscles around the pelvis.
- Encourages the development of strength and endurance while holding anti-gravity positions.
- Helpful for those children that resist adult directed tasks; minimizes possible conflict as the position is determined by “chance”.
- The therapist/adult can customize the use of the body positions in a variety of ways. Depending upon the position, consider trying the following:
  - Ask child to count forward or backward while in the position
  - Recite the alphabet
  - Spell words
  - Sing a song
  - Practice math facts
  - Manipulate toys or other objects (lacing cards, string beads)
  - Color, draw, or print
  - Blow whistles or bubbles

Assembly Instructions:
1. Print Core Strength Positioning Cards on heavy paper or laminate for durability.
2. Cut out each individual Positioning Card.

How to Use Position Cards:
1. Select a core strength positioning card.
2. With the adult’s assistance as needed, the child is to assume the position depicted on the card.
**SUPERMAN**

1. Lay on your stomach.
2. Raise chin and head off floor.
3. Lift up and straighten your arms close to your ears.
4. Lift up and straighten your legs off the floor.
5. Hold this position.

**POPcorn**

1. Lay flat on your back.
2. Bring knees to chest.
3. Lift up your head, keeping your eyes close to your knees.
4. Cross both arms across your chest.
5. Hold this position.

**PLANK**

1. Lay on your stomach.
2. Place your hands shoulder width apart flat on the floor.
3. Push up on your hands to straighten your arms.
4. Lift up your body, keeping on your toes.
5. Hold this position.

**BRIDGE**

1. Lay flat on your back.
2. Bend your knees and keep your feet flat on the floor.
3. Place your arms straight at your side, palms flat on the floor.
4. Push through your heels and lift your bottom up off the floor.
5. Hold this position.
**Sit Ups**

1. Lay on your back with your knees bent and feet flat on the floor.
2. Place your finger tips behind your ears with your elbows out to the side.
3. Raise your body up towards your knees.
4. Hold this position.

**Wall Push Ups**

1. While facing the wall stand an arms length away.
2. Place your palms on the wall.
3. Slowly lean towards wall by bending your elbows.
4. Push your body back with your hands into a standing position.

**Donkey Kicks**

1. Kneel on the floor with your elbows straight.
2. Slowly kick one leg straight back, keeping your knee straight.
3. Lift the opposite side arm straight up, keeping your elbow straight.
4. Hold this position.

**Tall Kneel**

1. Kneel down on both knees.
2. Keep your back straight.
3. Hold this position.
**Wheelbarrow Walk**

1. While on your knees, keep elbows straight and place your hands on the floor.
2. A person will pick up your feet by holding your ankles while you walk forward with your hands.

Note: The person may need to hold your knees.

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**Crab Walk**

1. In a squatting position reach backwards with your arms and put both hands flat on the floor behind you.
2. Raise up bottom until your head, neck, and body are in a straight line.
3. Move forward, backwards, or sideways.

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**Side Sit**

1. Sit on the floor.
2. Bending your knees, place both feet to on side of your body.
3. Hold this position.

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**One-Half Kneel**

1. Kneel down on one knee.
2. Place your other foot flat on the floor in front of you.
3. Keep your back straight.
4. Hold this position.
SQUAT

1. Stand with your head facing forward.
2. Place feet flat on the floor, shoulder width apart.
4. Move your body down, bending your knees.
5. Pretend you are sitting in an imaginary chair.
6. Hold this position.

CHAIR PUSH UPS

1. Sit up nice and tall in your chair with your feet flat on the floor.
2. Place each hand flat on the seat of your chair.
3. Push down with your hands while trying to lift your body up and off the chair.
4. Hold this position.
PE skills
Overhand throw
● Eyes on target
● Turn sideways (opposite shoulder pointing to target)
● Elbow high, arm to ear or behind
● Point with opposite arm
● Step with opposite foot
● Release shoulder high
● Follow through

Underhand throw
● Eyes on target
● Face forward
● Step with opposite foot
● Swing arm back & then forward
● Release
● Follow through

Kick
● Step with non-dominant foot
● Plant foot next to ball
● Strike ball on lower half
● Strike ball with instep
● Follow through

Catch
● Face parter (square)
● Follow ball with eyes
● Reach arms to ball
● Arms give when receive it

Dribble (basketball)
● Push down with pads of fingers
● Ball waist high
● One hand only
● Head up

Dribble (soccer)
● Push ball gently with inside or outside of foot
● Alternate feet
● Head up
# Physical Education Online Resources

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