

## Occupational Therapy Home Activities ☺

Although, school isn't in session we can still work on our fine and visual motor, self-help and many more skills at home! The following activities are quick activities that can be completed to further work on a variety of different and important skills needed for in school and at home!

Parent supervision is needed for all activities. If your child engages in inappropriate behavior, please do your best to make modifications as appropriate and increase level of supervision, as needed.

As we know, all kids are different and may need additional assistance than others to engage ☺ Just make sure you have your child try and then provide assistance as needed to be successful.

Most of all, have fun and we hope to see you soon!



## Activities are as Follows:

### **Practicing Self Help Skills**

- Buttoning/unbuttoning large and small buttons
- Unzip and zipping zippers
- Shoe tying- when first learning, start by tying a ribbon around the waist. Do not start with shoes, as this becomes frustrating.
- Completion of basic household tasks- setting the table, vacuuming, putting dishes away, sorting and folding laundry

### **Go Outside**

- Draw/color/write with chalk
- Collect and sort rocks, leaves, etc.
- Blowing and popping bubbles (work on isolating fingers)

### **Floor Time**

- Laying belly down on the floor is a great way to strengthen the upper body/core muscles and is also a great way to encourage proper wrist positioning for writing activities
- Some activities that can be completed on the floor:
  - Drawing/coloring
  - Games
  - Puzzles
  - Fine motor activities
  - Playing with toys



### **Fine Motor Strengthening with Tongs and Tweezers Fun**

- Use household items that can be picked up with tongs or tweezers or just their fingers (see above with pincer grasp)
- Items include: pom poms, cotton balls, pasta, beans, small toys, small food items

- Use tongs/tweezers to sort items into water bottles, cupcake tins, etc. You can sort by color, number, categories and matching of similar or different items
- Play “feed the animal” by decorating water bottles and then feeding the animals with materials



### **Fine motor strengthening with Tactile Play**

- Play with playdoh, putty or hand strengthening activities
- Hide coins or small toys in playdough and have your child find them
- Roll logs, flatten pancakes, make letters or shapes

### **Fine motor strengthening with Q-Tip Painting**

- Use q-tips or cotton balls attached to a clothespin to paint pictures
- You can draw a picture and paint or have them create their own

### **Fine motor strengthening with Mr. Munchie**

- Cut a slit in a tennis ball and decorate the tennis ball with facial features
- Encourage child to place their thumb on one of the balls “cheeks” and their index finger on the other “cheek” and squeeze until the mouth opens
- With other hand, child picks up small objects and places into the Munchies mouth
- Small objects examples: coins, beads, small erasers



## **Bilateral Coordination with cutting skills**

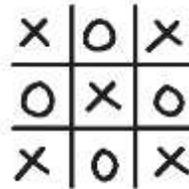
- Roll play-doh and have your child snip into small pieces
- Cut plastic straws, newspaper, magazines
- Snip at edge of paper/ cut along lines or complex shapes

## **Typing**

- **Nickjr.com** provides simple games to adapt and increase exposure to the keyboard and mouse
- **Freetypinggame.net** provides games and lessons for increased practice and exposure
- If using the ipad, encourage handwriting/tracing apps to increase handwriting skills

## **Table-Top Activities to Enhance Visual Perception**

- Mazes
- Hidden picture worksheets
- Dot to dot worksheets
- Word searches
- Puzzles
- iSpy
- Where's Waldo
- What's same/different worksheets
- Connect Four
- Tic-tac-toe



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