

Occupational Therapy Preschool Based Home Activities ☺

School isn't in session but we can still work on our fine motor, visual motor, self-help and many more skills at home! The following activities are quick activities that each work on a variety of different and important skills that are compiled together.

Parent supervision is needed for all activities. If your child engages in inappropriate oral behavior make modifications as appropriate and increase level of supervision as you find appropriate.

All kids are different with where their needs are and some may need a lot bit more assistance than others to engage ☺ Just make sure you have your child try it and then provide assistance as needed to be successful.

Most of all, have fun and enjoy your time together ☺

Activities are as Follows:

Motor Warm-Up: Build an obstacle course ☺

- Use household items and furniture to build an obstacle course
- Use couch cushions, blankets, and chairs to make tunnels and “stepping stones”
- Place puzzle pieces on one side and puzzle on the other
- Then have the child complete the obstacle course and place the pieces on the puzzle
- Or complete with a writing or coloring activity

Stringing Beads

- Find household items such as beads or tube-shaped pasta or snip plastic straws into pieces
- Find string, shoelace, pipe cleaner, etc. The sturdier the string the easier it will be to string
- Have child hold “string” with non-dominant hand and thread the “bead” with their dominant hand
- Then tie together and it could be a bracelet or necklace ☺



*To make the task easier: use bigger beads

*To make the task more challenging: use smaller beads

*To grasp: ensure the child is holding the bead either between the tips of their index finger and thumb or between the tips of their index, middle, and thumb (tripod grasp)

Rainbow Arch

- Crossing midline fun ☺
- Place a large piece of paper on the floor (or two pieces taped together)
- Have your child sit on or below the paper
- Give the child crayons and have them draw an arch from one side to the other side of their body

Crossing the Midline
with Rainbow Drawing!



*To make or easier: provide a visual

demonstration, cue as needed, starting and ending dots on each side

*instead of writing utensil provide a visual and then have them drive a car or use a doll to be on the road you drew

*To make it more challenging: use smaller crayons or markers as this makes it them use a more functional grasp

Building with Blocks

- Use blocks or other household items such as cups or Tupperware to stack and create designs with blocks
- Make a design for your child and have them imitate the design if they can

*When stacking blocks promote a functional grasp with use of thumb and index finger or thumb, index and middle finger



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
 - Sorting laundry
 - 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 to sort items into water bottles, cupcake tins, etc.
- Play “feed the animal” by decorating water bottles and then feeding the animals with materials

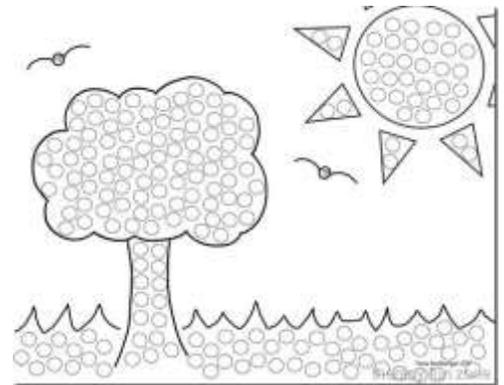


Fine Motor Strengthening with Arches of the Hand

- Remove lids from jars
- Bath time-squeeze sponges and wash cloths
- Ripping paper into small pieces for crafts
- Squeeze paper into balls and use to throw at a target
- Playing cards- flip over and stack
- Cubes- build and stack

Fine Motor Strengthening with Sensory Play

- Play with playdoh, putty or hand strengthening activities
 - Hide coins or small toys in putty and have your child find them
 - Roll logs, flatten pancakes
 - Make letters or shapes
- *Make it harder make letters then trace with use of pencil



Fine Motor Strengthening with Q-Tip Painting

- Use q-tips or cotton balls attached to a clothespin to paint pictures
- If you have access to a computer, you can find these painting pages online

- Otherwise 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



*This works on grasping, hand strengthening, bilateral coordination, pincer grasp

Bilateral Coordination with Cutting skills (depending where your child and if they are working on cutting skills this may or may not be appropriate)

- Roll playdoh and have your child snip into small pieces
- Snip at edge of paper

*More challenging: cut on a line, cut simple shapes

*When getting prepared to cut, present scissors to child in front of them

*Have them attempt to grasp and orient fingers and then provide assistance to reorient fingers

*Use verbal prompt “thumb up” to grasp scissors and orient fingers



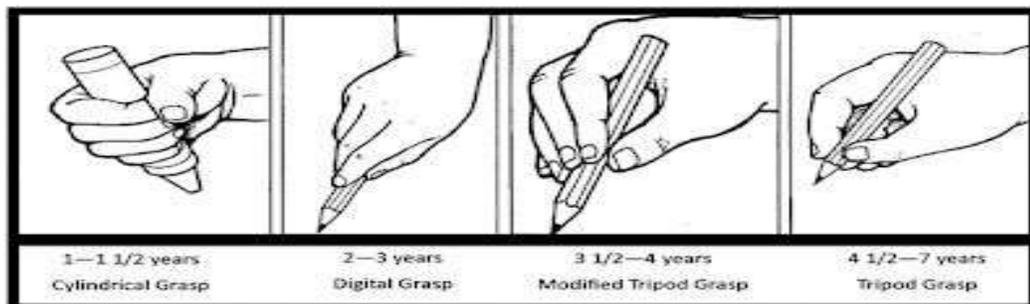
Prewriting Shapes/Strokes

- Find household items with straight sides such as popsicle sticks, q tips, pieces of spaghetti

- Draw shapes with straight edges on the pieces of paper
- Start with vertical, horizontal lines, diagonal line then progresses to shapes
- Have the child copy or imitate the strokes
 - *To make it easier use repeated practice of guiding the child's hand to imitate strokes on paper and then have them try to produce

Importance of Pre-writing Skills:

- Strengthening the hands, arches of the hands (palms) and fingers, are all super important. The entire strength of your tummy (core), shoulders, neck muscles all contribute in part for writing. Other ways to assist in strengthening include:
 - Crawling games, animal walks, etc.
 - When working on writing tasks can use a vertical surface or have the child lay on their back and write from under the table
- These surfaces promote wrist extension and will facilitate a more functional grasp
- Each child is different with where they are at with grasping writing utensils
- Below is a basic guidance to use as reference for targeting a functional grasp on writing utensil. All children are different in their needs and developmentally where they are at, therefore don't use this as a concrete idea but more of an overall picture



Practicing Self Help Skills:

- Buttoning large buttons
- Unbuttoning large buttons
- If your child can do large buttons try smaller buttons
- Unzip and zipping zippers
- Increasing independence with feeding

Task Analysis for Targeting Zipper:

1. Grasp bottom
2. Lift one side to connect
3. Pull zipper through to thread
4. Pull zipper up



Task Analysis for Buttoning:

1. Pinch Button
2. Hold Fabric
3. Push button through hole
4. Pull button through hole

Task Analysis for Unbuttoning

1. Pinch button
2. Stabilize fabric
3. Push button through hole
4. Pull button through hole