

April is Occupational Therapy Month! 2021 Activities for students to do at home.

Activity #1:



April is OT month, and here at Crossroads we are excited to celebrate! We see a number of children that enjoy all the fun and games that we bring for occupational therapy. Cooking is a great activity that can be completed at home and continues to work on a variety of skills (without even knowing it)! It's something that is fun and functional, which is what we are all about. Below is a simple recipe that can be done at home. No baking or heating necessary. Minimal ingredients are required. Be sure to post a photo of your own creative dirt cups, we'd love to see them!

<https://www.thespruceeats.com/pudding-dirt-cups-dessert-recipe-2097682>



Activity #2:

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The next fun and functional occupational therapy activity uses playdough! One of our favorite items to play with and use during occupational therapy sessions. Playdough is a great tool to work on a variety of skills to improve fine motor development and sensory exploration. If you don't have playdough available at home, no problem! You can make your own with your child! This would be a great way to work on scooping, measuring, pouring and mixing ingredients together. Here is a link that provides a recipe that you can try at home with materials that you may have around the house.

<https://thepurposefulnest.com/diy-no-cook-playdough/>

Some other fun activities that you can use with playdough include:

- Using scissors to cut playdough
- Using cookie cutters to make shapes and different designs.
- Forming simple shapes and letters in your child's name
- Tracing shapes or letters
- Hide items to bury and have your child find them.

We hope you and your child have fun creating and exploring using playdough 😊

Activity #3:



Sensory bins are hands-on tools for children to explore their world through their senses. Sensory bins may help to calm, focus, or engage a child. Sensory bins can also help a child improve fine motor skills as well as they use their hands to pick up, manipulate and explore the items in their sensory bin.

What you need to make a sensory bin:

1. A container of your choosing- an example would be larger food storage containers from the dollar store.

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2. Filling for your sensory bin- examples include beads, small rocks, rice, beans, sand, water beads, macaroni, and other small items a child to run their hands through.
3. Additional items- some of your child's favorite small toys
4. Additional items- have them use tools like a spoon, tongs, or cups to pick up or move the items in the sensory bin.



Activity #4:

Prewriting Activity with Chalk!



Since the weather is getting warmer, what better way to spend your day than playing outside! One activity you can do is work on prewriting strokes with your child using sidewalk chalk! Prewriting strokes are foundational skills in order for you child to create letters and numbers.

Some of these strokes include: a vertical line, horizontal line, a circle, and a cross!

All you need for this activity is: chalk! (If you don't have chalk you can use paint, markers/crayons, etc)!

Try having your child imitate prewriting strokes first (You create prewriting stroke first, then child creates). Try doing it in the order of prewriting strokes listed above.

To make this activity easier, you can create a dotted prewriting stroke and have your child trace it. You can also provide hand over hand support.

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To make this activity harder, you can already have the prewriting strokes drawn and have your child copy them! You can also work on more difficult prewriting strokes such as a square, diagonal lines, a "X," and a triangle.

I hope you all are able to get outside and enjoy the warmer weather, and remember to have fun with this activity!