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Occupational Therapy Practice

The following is a list of Occupational Therapy related activities that would be beneficial to participate in for the further development of fine motor, visual and coordination skills.

1. Using a twister board, place letters on each circle. Have an adult call out a letter and signify which body part (left/right hand or foot) that he is to use to touch the letter.
2. Place a line of tape or string across the room. Have your child try to determine how many steps/jumps/objects it will take to get to the end of the line.
3. Use foam, sand, or sugar in a large baking pan. Have your child copy letters, words, or numbers in the material used. To increase the difficulty, make 10-12 flashcards with letters or words on it and number them 1-12 (or the number of cards made). Place the flashcards around the room randomly and have your child look around the room to find the cards in order and copy them into the media. This can also be completed with paper/pencil however it has more impact when addressed in a multi-sensory approach.
4. Targeting - place bowling pins or toilet paper rolls on the floor or table. Have your child try to throw or roll a ball/beanbag and knock over each target. You can also keep score on paper, chalk board or white board. This will work on writing numbers in a fun way.
5. Baseball targets - Make a "baseball diamond" with a home plate, 1st, 2nd, and 3rd base. Stand on the home plate and place buckets or other targets in the correct 1st, 2nd, 3rd base positions. Have an adult call out a "single, double, or triple" and have the child throw a bean bag at the target.
6. Flashlight Game - Turn off the lights. Face a blank wall an arm's length away. With an adult standing behind the child using 2 flashlights - have the adult randomly turn the left or right flashlight on over the child's shoulder. Your child will then reach with his opposite hand (ie: light on left - he/she has to reach with his/her right hand crossing midline to touch the light spot on the wall).
7. Any throwing/catching activities. You can catch a ball back and forth while spelling words, singing songs, counting, etc.
8. Using an empty paper towel roll with yarn or string wound around it ... unravel the string all around the room ... over and under furniture in the room. Wind up the string stating whether it is going over or under while winding it up. (ie: Under the table, over the chair, etc...)

9. Using a table or other flat/smooth surface ... tape off “yard lines” with numbers (10 yds, 20 yds, etc...) like a football field. Try to determine how many (bingo chips, pennies, etc...) it would take to get to the 30 yard line, 10 yard line, etc... Switch up the items as he/she gets better with this activity.
10. Write a letter or number on the child’s back. Have him/her try to determine what letter/number is written. The child can also then write the number on paper or board.