



Occupational & Physical Therapy At-Home Activity Ideas March 30 - April 3 2020

A Message From Your Motor Team

Online resources:

Social story regarding the virus and school closure: <https://theautismeducator.ie/category/free-resources/>

Kids Master Skills (free downloadable packets): <https://www.kidsmasterskills.com/>

Shoe tying video: <https://www.youtube.com/watch?v=a9tt7il0VV8>

Typing practice, games, and timed tests: <https://www.typing.com/>

Activities:

Preschool

- Set up an obstacle course at home eg: hop over a rope, crawl under furniture, climb up and down off a stool, give a high-5 at the end.
- Place buttons, beads or other small items on drawn lines for basic shapes or letters of your child's name.

Elementary

- Practice letter formation by writing in sand or dirt with a stick, write messages to each other.
- Jump rope!

Secondary

- Practice typing using www.typing.com free games and lessons
- Increase hand strength by squeezing a stress ball or digging in the garden.
- Stay strong with sit-ups or abdominal crunches.

We miss you!

This is a supplemental resource for general fine and gross motor activities we feel will be beneficial to many students in our district. All activities are optional and should be performed with supervision.

For resources, worksheets, and activities tailored to your own child's needs please email your child's OT or PT. Please contact us if you want paper copies of any of these activities.

If you have specific questions, please contact your child's individual OT or PT

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