



Occupational & Physical Therapy At-Home Activity Ideas April 6 - April 10 2020

A Message From Your Motor Team

Online resources:

Help Kidz Learn (sign up for free trial account to access activities):
<https://www.helpkidzlearn.com/>

Crafts that Build Skills: <https://www.theottoolbox.com/crafts-for-kids/>
Blog post about using supplies around home.

Learning Without Tears interactive teaching tools free for 90 days:
<https://www.lwtears.com/programs/distance-learning>

Activities:

Preschool

-Play catch! Try using any type of ball you have at home or even a rolled up pair of socks will do. See how many catches you can do in a row.

-Draw a person. Take turns with your child drawing basic shapes and lines for the body parts. Have them add details or color in the shapes.

Elementary

-Fold and decorate a paper airplane then draw a box for your child to write their airline's name to practice handwriting in a small space.

-Have your child balance on one foot for 5 seconds or longer. If this is too hard, they can hold onto a wall, chair, or adult's hand for support then try to decrease the amount of support they need by letting go of support for 1-2 seconds.

Secondary

-Practice your neatest handwriting (printing or cursive) using a real-life short writing activity eg: fill out a contest form, write a check, sign your name on a petition, write a shopping list, write in a card and address the envelope.

-Helping with housework provides lots of opportunity for gross motor development, strengthening and job related skills eg: carry boxes, wipe tables, sweep, vacuum, clean windows, rake lawn and pull weeds.

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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