



Occupational & Physical Therapy At-Home Activity Ideas April 13 - April 17 2020

A Message From Your Motor Team

Online resources:

Heavy Work Activities for in the home:

https://www.growinghandsonkids.com/25-heavy-work-activities-home.html?fbclid=IwAR3wUCbyWgLEIFs_cKrV8MVxvJldKsgqbdXfzCnN7sr2T_9y2BdOP0H-iIM

Printable resources of games, crafts and worksheets:

<https://www.education.com/>

Free puzzles, games and jokes as well as video puzzles and more:

<https://www.highlightskids.com/>

Keyboarding Without Tears is offering free access until July 31 for their typing instruction:

<https://www.lwtears.com/kwt-request-license>

Activities:

Preschool

-Carry a marble, potato, or small object on a spoon and walk to a target. Walk at a faster speed as skill improves. You can have your child walk in a straight line or walk around chairs to get to the target (depending on skill level).

-Assist your child in making a snack involving small ingredients such as decorating frosted cookies with raisins, sprinkles, marshmallows, nuts, or coconut.

Elementary

-Animal walks like crab walk or the wheelbarrow walk (with a partner) are a great way to get intense movement and can be done in a small space.

-Bake cookies! Let them help mix the dough, then roll small amounts into balls in their hands and then flatten them onto a cookie sheet.

Secondary

-Power walk or run! Time yourself and do the same route three days this week to track your progress.

-Coupon clipping! Cut out coupons - can you stay on the lines? Make a collage from cutting out magazine pictures of ideas for the bedroom of your dreams.

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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