

OCCUPATIONAL THERAPY

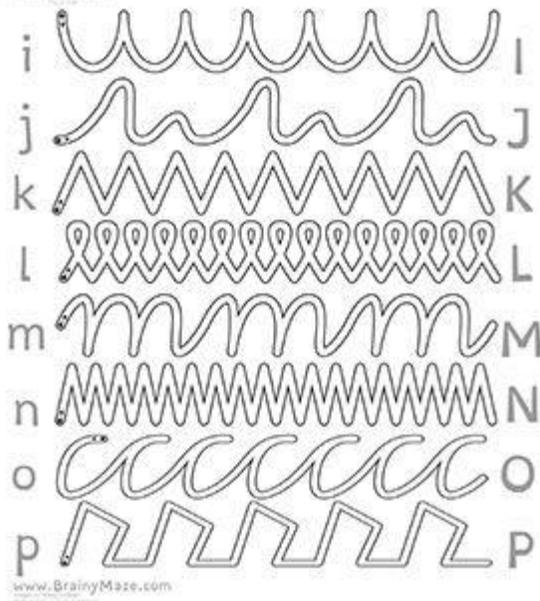
WEEK 3:

Below are some suggested motor activities that you may incorporate in your home learning. Please read through the 3 options and choose the activities that you think are helpful for your child. Some activities are to guide adults, some for adults and students to do together, some for students to do independently.

Activity	'Loop the Loop' - Pre-Writing Warm-up
Materials:	Blank paper, plain card, construction paper, card from side of cereal/snack boxes etc whatever you can find in your home...
Skills Targeted:	Shoulder-girdle strengthening, postural control forearm, wrist, hand strengthening Fine motor skill development
Instructions:	1) Pre-draw curves/loops/mazes/zig zag lines onto card/paper (example below) for your child to draw and trace using pencil, pens, crayons



Warm up Work



- 2) Have your child lie on the floor on his/her stomach. Place card/paper on the floor in front of them
- 3) Encourage them to draw lines between paths or along single lines
- 4) Work from left to right, right to left, to change up the movement of their hand and drawing utensil

Modifications:

- 1) Increase the size of the card/paper to increase hand/arm range of motion and/or change the type of paper/material to increase the challenge
- 2) Attach paper to wall in front of your child and have him/her work in tall kneeling with paper in vertical position
 - Make it fun! Have a race to see who can finish more mazes/paths without losing control of the pencil and staying on the line without errors
 - Put the timer on...how many lines can you trace in a minute!
 - Wake up the hand before writing time...

Fine Motor

Activity	Gratitude cards
Materials	Paper or construction paper, pencil, crayons, markers, and/or colored pencils.
Skills Targeted	Bilateral coordination (folding), visual-motor skills (eye-hand coordination), letter formation, letter sizing, spacing, visual memory, writing mechanics (e.g. capitalization, punctuation).
Instructions:	<ol style="list-style-type: none">1. Fold a piece of paper in half (can also use construction paper, card stock, etc).2. Draw a picture or write an encouraging message on the front.3. Write a kind note inside the card.4. Give or mail the card to a loved one! 
Modifications:	<ul style="list-style-type: none">• Vary the length of the message inside (e.g. one sentence, four sentences).• Draw writing lines inside the card to provide a visual for letter placement.• Have a parent/sibling draw a picture that the student colors in; draw a picture together.• If mailing the letter, have the student put the card in an envelope, address the envelope, and peel off and place the stamp.

- If certain letters/numbers are challenging, provide a visual model of what they look like.

Fine Motor

Activity	Q-tip Painting
Materials	<p>Q-tips Washable paint Printer paper, watercolor paper or cardstock Picture Template (optional!) Create your own or cut and paste one of these links for a print-out: https://drive.google.com/file/d/0B7HU0DcVrlesVzNPSmdWczQtVzQ/view?usp=sharing http://www.makinglearningfun.com/themepages/DoaDotMiniMarkerPage.htm</p>
Skills Targeted	Fine Motor grasp, hand/finger strength, fine motor force, sensory tolerance
Instructions:	<ol style="list-style-type: none"> 1. Gather materials. Set up paper/picture with dots and different paint colors with one q-tip for each color of paint. 2. Talk about/demonstrate use of q-tip to make dots to color and/or create a picture. Demonstrate how pressing down lightly will make a small dot, more pressure will create a larger one. 3. Encourage student to hold q-tip with pads of thumb and index finger while filling in dots to create a picture. <div data-bbox="358 1119 797 1444" data-label="Image"> </div> <div data-bbox="358 1451 789 1780" data-label="Image"> </div>
Modifications:	<ol style="list-style-type: none"> 1. Have child "paint" letters using same sequencing they would for drawing letters (starting at the top) 2. Cut q-tips in half to accommodate small fingers

3. For more challenge:

- a. Encourage child to use a different color on each side of q-tip and to flip the q-tip from one color to other without using other hand (in-hand manipulation) while painting
- b. Have child complete activity while lying prone on tummy or while paper is taped to wall for shoulder strengthening