



Occupational Therapy

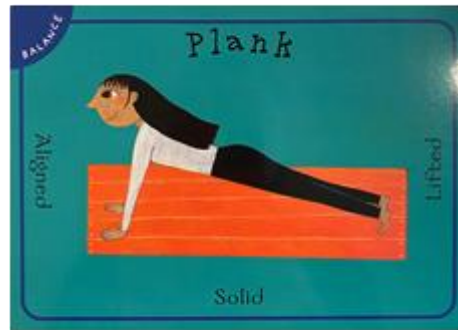
Fine Motor and Sensory Activities

Below are some suggested fine motor and sensory activities that you may incorporate in your home learning. Please read through the options and choose the activities that you think may be helpful for your child. Some activities are to guide adults, some for adults and students to do together, some for students to do independently. If you have any questions, please reach out to your child's occupational therapist for further guidance.

Activity	Yoga Poses
Materials	Safe place to move around and stretch
Skills Targeted	Upper body and lower body strength, balance, proprioceptive sensory input, vestibular sensory input, motor planning, self-regulation
Instructions:	<ol style="list-style-type: none">1. Sit on a mat, carpet, or blanket. Reach your hands to the sky and inhale. Exhale out of your mouth and stretch your arms to the side. Do this 3 times. 2. Pretend you're a cat! Arch your back and raise your head. Count to 10 seconds. 3. Pretend you are a dog and wag your tail! Stretch your legs straight, heels down, and arms strong. Count to 10 seconds.



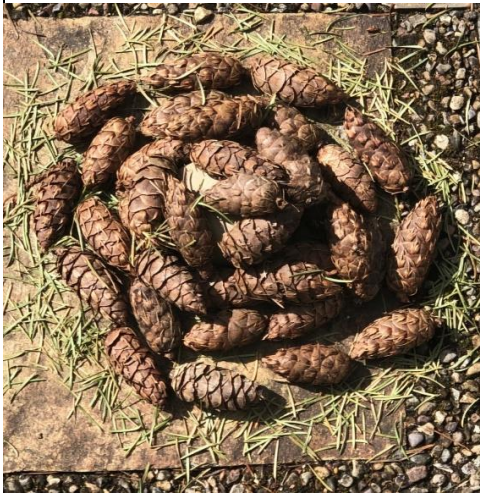
4. Hold the plank: lift with your belly and straighten your legs. Hold it there for 15 seconds.



Modifications

- For students who are working on their balance, have an adult nearby for safety.
- For students who are building strength, allow them to hold the position for 5 seconds rather than 10 seconds.
- For students who are building strength, have them modify the plank by resting on their knees.
- For students who are motivated by technology, check out these kid yoga videos: [Squish the Fish](https://www.youtube.com/watch?v=LhYtcadR9nw) (<https://www.youtube.com/watch?v=LhYtcadR9nw>)

Activity	Design your own nature sculpture from your backyard or neighborhood common area
Materials	Natural materials from your yard, leaves, twigs, pinecones, stones
Skills Targeted	Visual perception (finding target objects), sorting skills, tactile (touching), imagination
Instructions:	<ol style="list-style-type: none"> 1. Collect materials from natures (leaves, twigs, pinecones, stones...) 2. Any design counts as a unique natural art piece 3. Picture examples:



Modifications

- Parents can pick up materials for students
- Parents can make a sample to let students copy
- For younger students, parents need to watch for oral safety (without putting items into their mouths)

Activity	Make Kinetic Sand
Materials	 <p>Mixing bowl, Measuring cup, Measuring spoons, Fine white sand, Corn starch To make the colored soapy solution: 1 cup of water, Dish soap, Food coloring</p>
Skills Targeted	Fine Motor and Sensory
Instructions:	https://www.thesprucecrafts.com/how-to-make-kinetic-sand-4171510