



Occupational & Physical Therapy At-Home Activity Ideas April 20 - April 24 2020

A Message From Your Motor Team

Online resources:

Art for Kids Hub on YouTube - step by step drawing videos with an adult and a child demonstrating. If you subscribe (free) you get more options. Do with pencil in case of mistakes and then trace over with markers or crayons.

<https://www.youtube.com/user/ArtforKidsHub>

Zones of Regulation Feelings Check In - answering these few questions with your child can help spark discussion about regulation

https://docs.google.com/forms/d/e/1FAIpQLSckxGGF7RVIMKCFViNAOrbOm7RRyIdANe38TcrySzRTBEv-qw/viewform?fbclid=IwAR19LfuFbU-O4Pxx9-wboNHrAprqyIq1jU-9Om_EpLcNgTHyrPEII_58_kU

Activities:

Preschool

-Supervise your child hammering nails with a hammer and screwing screws with a screwdriver using items in your home.

-Place a tape line, string, or yarn on the floor and see if your child can tip-toe the length of it without stepping off while pretending to be a tightrope walker in the circus. Try with different arm positions (hands on head, hands on hips, hands out to their sides like an airplane, etc.). Make the lines straight, curved, and zigzag for variety.

Elementary

-Play balloon tennis - you can attach a stick to a paper plate or cardboard to make a racket.

-Draw a monster on the window with a dry erase marker. Then, use a spray bottle to spray the monster with water and melt it.

Secondary

-Spring cleaning or yard work - play your favorite music and get moving: rake, dig, move boxes in the garage, or deep clean your bedroom. Take a dance break when you feel inspired!

-Practice typing speed and race cars with a fun game like Nitro Type. No sign-in is needed to play as a guest: <https://www.nitrotype.com/>

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

Early Learning Center:

Laine Sande, OTR/L Laine.Sande@rsd.edu
Mollie Nutt, OTR/L Mollie.Nutt@rsd.edu
Stacey Meyer, OTR/L Stacey.Meyer@rsd.edu

Elementary and Secondary:

Melissa Fulsom, OTR/L
Melissa.Fulsom@rsd.edu
Marcus Whitman, Chief Joseph, and Hanford

Caren Cohen, OTR/L Caren.Cohen@rsd.edu
Badger Mountain, Jefferson, Lewis & Clark, Tapteal, and White Bluffs

Dina Cohen, OTR/L Dina.Cohen@rsd.edu
Orchard, William Wiley, and Carmichael

Stacey Meyer, OTR/L Stacey.Meyer@rsd.edu
Enterprise Middle School

Amber Johnson, OTR/L
Amber.M.Johnson@rsd.edu Jason Lee,
Sacajawea, Leona Libby, and Richland

Jennifer Potts, DPT Jennifer.Potts@rsd.edu
Badger Mountain, Jefferson, Marcus Whitman,
Orchard, White Bluffs, William Wiley, and
Leona Libby

John Nicacio, DPT John.Nicacio@rsd.edu
Jason Lee, Lewis & Clark, Sacajawea,
Tapteal, Carmichael, Chief Joseph, Enterprise,
Hanford, and Richland