

OCCUPATIONAL THERAPY

WEEK 4:

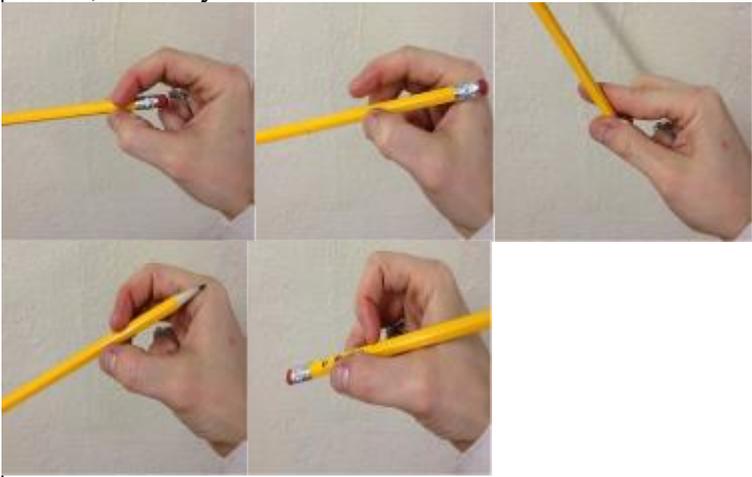
Below are some suggested motor activities that you may incorporate in your home learning. Please read through the 3 options and choose the activities that you think are helpful for your child. Some activities are to guide adults, some for adults and students to do together, some for students to do independently.

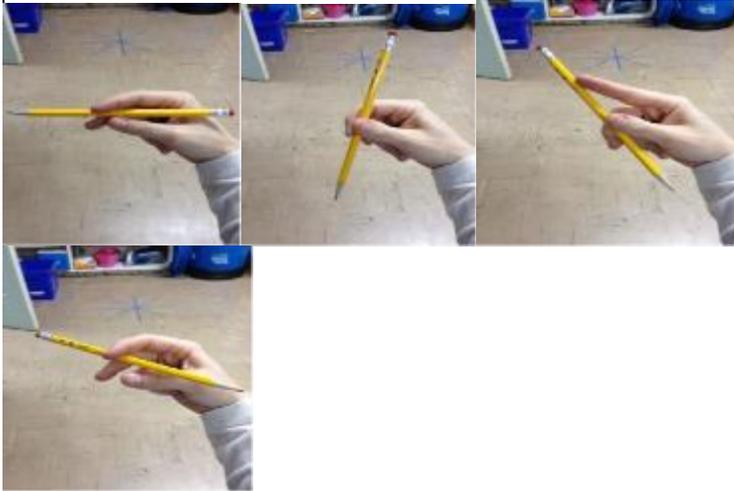
1.

Activity	DIY Stress Balls
Materials	Materials: balloon, flour (or rice, beans, water beads), funnel
Skills Targeted	Sensory tool, sensory fun
Instructions:	<ul style="list-style-type: none">• Put the funnel into the <u>not</u> blown up balloon, pour the flour (or whatever material you choose to use) into the funnel and shake it into the balloon. Fill until almost full with no extra air inside.• Ask an adult to help you tie off the balloon. Wipe away any excess flour.• Squeeze!• If a hole gets poked in the balloon or a little flour seems to be escaping, just put the ball inside another balloon and tie it off.  <p>THE BEST DIY STRESS BALLS</p> 

Modifications:	<ul style="list-style-type: none"> • No funnel? Try adding materials to a water bottle first, then placing balloon around mouth of bottle and pouring materials into balloon that way • Add a scent for extra calming (vanilla, essential oils)
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2.

Activity	Pencil Games
Materials	Pencil (a timer is optional)
Skills Targeted	Fine motor coordination and control, intrinsic hand development, pencil grasp
Instructions:	<p>PENCIL WALKS</p> <p>Using your dominant hand, hold eraser-end pencil as you would grasp it to write (using your thumb, index and middle fingers). Use only these three fingers to “walk” down the shaft of the pencil to the tip. Flip the pencil over, then “walk” back up to the eraser end. Be sure not to use your ring finger or pinkie, or other hand, to help! Have “walking” races with your student, or time your student to “break records”.</p>  <p>THE PENCIL BATON</p> <p>A quick follow up to “pencil walks” is the “pencil baton”. Hold your pencil in the middle of the shaft with your dominant hand using your thumb, index finger and middle finger. Using these three fingers, twirl the pencil like a baton. Perform between 10-20 reps. Then try to “twirl” the pencil going in the other direction. Challenge – see how long you can go before dropping the pencil!</p>



Modifications:	Many students will need adult modeling of these tasks. Go slowly as you demonstrate. Use descriptive words and modeling to assist your child as they are learning. It's ok if it's hard for your child, cheer them on as they try.
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3.

Activity	Mail A Hug
Materials	<ul style="list-style-type: none"> Materials: butcher paper or five sheets of white paper taped together, markers or crayons, an envelope & stamp if sending to a friend, your body
Skills Targeted	Motor control, grasp and drawing a face
Instructions:	<ol style="list-style-type: none"> Place the paper on a hard surface: a hard, smooth floor is best Lie your head and arms on the paper as shown below Have a sibling or parent trace your arms and head Sit up and cut it out and color it in, making sure to draw in the details of your face and hair Fold it up, put it in an envelope, address it and put it in the mail with permission & help from your parents, or give it to someone at home!



MAIL A HUG

An easy way for kids to brighten the day of a friend or loved one that they don't see often!



I miss you when you're far away,
I'd love to see you every day,
But since I can't come over to play,
I'm mailing you a hug today!

So although it may be quite a sight,
Wrap my arms around you tight!
Repeat daily to keep your smile bright,
Until we get to reunite!

Modifications: Make the cutting line very wide with a marker to make it easier for your child to cut.
Have your child write a note on the back.