



Occupational & Physical Therapy At-Home Activity Ideas April 27 - May 1, 2020

A Message From Your Motor Team

Online resources:

Typing Game

<https://www.education.com/games/play/?childId=-1#chooseQuest>

Activities:

Preschool

-Have your child hold an empty cardboard tube with one hand near each end. Place a small toy (ball, match box car) inside and make the toy roll from end to end without falling out.

-Log roll across the room one direction. Crawl on hands and knees or walk on knees to go back to the starting point.

Elementary

-Squeeze a turkey baster and try to blow a cotton ball across the table and/or peel a hard-boiled egg at snack time.

-Walk while holding onto a spoon with either one or both hands. Place an item in the spoon to balance an item such as a small ball, a small plastic egg, etc. Either the student or adult can make different pathways with sidewalk chalk if outdoors or colored painter's tape if indoor. The object is to walk the path then turn around and return to start position without the item falling off the spoon. To make this fun, you can have a challenge between the child and their siblings/parents, make it a race by timing ('Ready, Set, Go'), or walking the pathway with different configurations (i.e., tiptoes, backwards, walking slow/fast, running, etc.).

Secondary

-Spread a bunch of coins on the table, using 1 hand only pick them up one by one and place in your palm. How many can you get without dropping? Now place them 1 by 1 in a container without dropping them from your hand. How many coins can each hand place in the slot without dropping?

-Grab a deck of standard/classic playing cards. Determine an activity for each suit in the deck of playing cards (i.e., Hearts - ski jumps; Spades - push-ups; Clubs - stand on one leg with eyes closed for a count of 10; Diamonds - burpees). Take turns drawing a card and do the number or repetitions of the activity for the suit is drawn (i.e., draw a 9 of Hearts then do 9 ski jumps). The Ace card stands for one (1). The Jack, Queen, and King cards can continue the repetition count (i.e., Jack is 11 repetitions; Queen is 12 repetitions, and King is 13 repetitions). The Joker can be a wild card, which you can determine to mean different things, such as skip a turn, double the performance of your last draw, etc.(just set this up at the start of the game).

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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