


# OCCUPATIONAL THERAPY

## WEEK 5:

Hello Families! Below are some suggested fine and sensory 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. Questions? Please contact me at: [diane.stoebe@rentonschools.us](mailto:diane.stoebe@rentonschools.us)

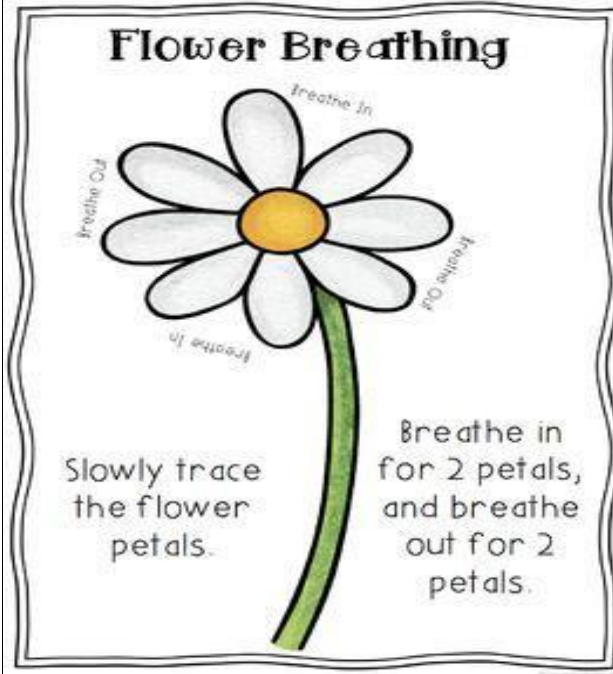
Activity	<b>Drawing on a Vertical surface</b> (refrigerator door or another surface)
Materials	Paper, crayons, markers or pencils, tape
Skills Targeted	Strengthening shoulder and hand muscles, writing and prewriting skills, grasp strengthening
Instructions:	<ol style="list-style-type: none"><li>1. Tape paper to the refrigerator door or some other vertical surface such as a fence, door or wall.</li><li>2. Have your child draw, color or write!</li></ol> 



Accommodations: Hang the paper higher or lower to increase to decrease the challenge  
Your child can sit, stand or kneel

Activity	<b>Flower Breathing</b>
Materials	Paper, Pencil
Skills Targeted	Self-Regulation, Sensory Motor

Instructions:



Modifications:

1. If you cannot print the image, have your child trace it on the computer screen or draw it on paper.
2. Use a marker instead of your finger. Use multicolored crayons or marker to make a rainbow flower while you breathe

Activity	<b>Tic, Tac, Toe Rocks</b>
Materials	<ul style="list-style-type: none"><li>• Materials: collect 12+ small rocks from outside, 2 colors of paint, black paint or sharpie, paint brush, soap &amp; water, newspaper or something to paint over</li></ul>
Skills Targeted	Fine motor grasp and control, letter size and copying shapes
Instructions:	<ol style="list-style-type: none"><li>1. Collect the rocks from outside and wash them with the soap and water. You can do this in a bowl outside or in the sink.</li><li>2. Set up your painting station by putting down newspaper or some material to paint on for easy clean up. Get your two colors of paint and paint brush.</li><li>3. Dry off the rocks. Paint 6 on color and 6 the other color.</li><li>4. Let dry. Have a snack!</li><li>5. Once they are dry, use black paint or a black sharpie to draw O on one color and X on the other color of rocks.</li><li>6. Make a tic, tac, toe board on paper, outside with a chalk, or somewhere else</li></ol>

7. Play tic, tac, toe!



Modifications:

Instead of playing tic tac toe, collect and paint rocks then display them in your garden. If you do not have rocks, collect other objects to paint (such as toilet paper rolls or some other easy to find household recycling)