



Occupational & Physical Therapy At-Home Activity Ideas May 4 - May 8 2020

A Message From Your Motor Team

Online resources:

Core Strengthening Activities

https://www.youtube.com/watch?v=qJ1WzNcxbgk&fbclid=IwAR1sHSpM9JWio5x_PIPqKIZsZAJT2VLIld4WtOIwyNomx-IM8EQHE_xLsAs

Playdough is a tried and true tool for fine motor and sensory play, even big kids will have fun with it! There are so many options for increasing fine motor skills through play. Maybe you have some on hand, if you don't, use this: Stir together 2 cups flour; 1/2 cup salt and 3tbsp cream of tartar. Then add 2 cups of boiling water and 3tbsp oil (any kind) to the dry mixture, stir until it forms a ball. When cool, knead on a floured surface until smooth.

Here are some more recipes to try:

<https://www.verywellfamily.com/playdough-recipes-4164126>

Activities:

Preschool

- Hide beads, pebbles or other small objects in the playdough. Dig through the playdough see if your child can guess the object before they can see it!
- Flatten a large ball of dough or playdough with a rolling pin or squishing it with a large object, this strengthens the large muscles of the shoulders and arms.
- Hop like a bunny using two feet, then one foot. Practice hopping on one foot in place, then moving forward. Remember to alternate feet.

Elementary

- Practice using everyday child-safe utensils with playdough: knife, fork, tongs, chopsticks, even scissors! Just don't eat it!
- One minute challenges - Ready, Set, Go: jump up and down in place; perform sit-ups or push-ups to the best of your ability; perform a wall sit.

Secondary

- Make a play-dough or slime gift for someone; maybe a friend or sibling? Make it extra-special by mixing in glitter or beads. Don't forget to tie a bow around it and include a hand-made label or card!
- Duct tape flag activities: Challenge your balance and coordination! You will need duct tape in 4 different colors and a length of string or rope. Cut a length of duct tape and fold over the rope/string creating a flag. Repeat with different colors of duct tape creating 4 flags. Hang the rope/string with flags between two chairs. With the student standing in front of the rope/string, have them stand on one leg, and with the free leg in the air have them touch the colored flag in different color combinations (i.e., touch your foot to the yellow, green, red, blue flag, etc.). Or you have the student kick a small beach ball to the called out colored flag. Remember to alternate to the other side and try with the other foot.

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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