



## Occupational & Physical Therapy At-Home Activity Ideas May 11 - May 15 2020

## A Message From Your Motor Team

### Online resources:

Core Strengthening 2

<https://www.youtube.com/watch?v=tAM1zskCbGI>

Pencil grip:

<https://www.youtube.com/watch?v=K1v4wVaEGqA>

<https://www.youtube.com/watch?v=DP5htYZ5jjQ>

### Activities:

#### Preschool

-Use a spray bottle to water plants around the house. You can also draw lines and shapes on cement with chalk and erase the lines by squirting the spray bottle. Using a spray bottle is a fun way to work on grip strength.

-Have your child stand on a pillow and roll an 8 inch size ball to them. Have them squat down to get the ball, stand back up on top of the pillow, to throw the ball back to you.

#### Elementary

-Tear colored paper and make a mosaic picture out of it or carefully tear pictures out of a magazine and make a collage. Tearing paper is good for hand strength and bilateral coordination.

-Indoor Obstacle Course: You'll need a hallway, either crepe paper/streamer/toilet paper, and tape. Tear lengths of the crepe paper/streamer/toilet paper to span the width of the hallway. Tape one end of the crepe paper/streamer/toilet paper to one wall of the hallway and then tape the other end of the crepe paper/streamer/toilet paper to the opposite hallway wall. Remember to vary the height and angle of the crepe paper/streamer/toilet paper across the width of the hallway to create an obstacle course that you child has to move (over, under, etc.) through without breaking or disturbing the crepe paper/streamer/toilet. Recruit your child to assist with creating the obstacle course.

#### Secondary

-Stretch your visual motor skills with some cheater-drawings! Option 1: Tape a picture, logo, cartoon etc. you want to trace on a bright window and place a thin white sheet of paper on top and trace. Option 2: Using a tablet or phone, find an image you would like to trace, turn up the brightness on the device, place white paper on the screen of the device and carefully trace.

-Coordination Obstacle Course: You will need to have 8.5"x11" sheets of paper with either traced or printed left foot, right foot, left hand, and right hand. Then tape the sheets of paper to the floor always using the left and right foot papers then changing the use of either the left or right hand papers (i.e., creating a row of three sheets of paper). Then you will create different pattern combinations that the student will jump to placing the coordinating body part to the correct sheet of paper. Create a column of these rows to build the obstacle course. If the student does not place the correct body part to the sheet of paper, they have to start again.

### **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](mailto:Laine.Sande@rsd.edu)  
Mollie Nutt, OTR/L [Mollie.Nutt@rsd.edu](mailto:Mollie.Nutt@rsd.edu)  
Stacey Meyer, OTR/L [Stacey.Meyer@rsd.edu](mailto:Stacey.Meyer@rsd.edu)

#### **Elementary and Secondary:**

Melissa Fulsom, OTR/L  
[Melissa.Fulsom@rsd.edu](mailto:Melissa.Fulsom@rsd.edu)  
Marcus Whitman, Chief Joseph, and Hanford

Caren Cohen, OTR/L [Caren.Cohen@rsd.edu](mailto:Caren.Cohen@rsd.edu)  
Badger Mountain, Jefferson, Lewis & Clark,  
Tapteal, and White Bluffs

Dina Cohen, OTR/L [Dina.Cohen@rsd.edu](mailto:Dina.Cohen@rsd.edu)  
Orchard, William Wiley, and Carmichael

Stacey Meyer, OTR/L [Stacey.Meyer@rsd.edu](mailto:Stacey.Meyer@rsd.edu)  
Enterprise Middle School

Amber Johnson, OTR/L  
[Amber.M.Johnson@rsd.edu](mailto:Amber.M.Johnson@rsd.edu) Jason Lee,  
Sacajawea, Leona Libby, and Richland

Jennifer Potts, DPT [Jennifer.Potts@rsd.edu](mailto:Jennifer.Potts@rsd.edu)  
Badger Mountain, Jefferson, Marcus Whitman,  
Orchard, White Bluffs, William Wiley, and  
Leona Libby

John Nicacio, DPT [John.Nicacio@rsd.edu](mailto:John.Nicacio@rsd.edu)  
Jason Lee, Lewis & Clark, Sacajawea,  
Tapteal, Carmichael, Chief Joseph, Enterprise,  
Hanford, and Richland