


# OCCUPATIONAL THERAPY

## WEEK 7:

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	Paper Towel Roll & Pom Pom Challenge
Materials	Paper towel Roll(or toilet paper roll), pizza box(cardboard), glue Pom Pom(cotton ball, or playdough), marker
Skills Targeted	Bilateral upper limb coordination, sequencing, counting
Instructions:	<ol style="list-style-type: none"> <li>1. Instruct you child to cut paper towel roll to 2 or 3 pieces</li> <li>2. Ask your child to write number to each small roll from 1 to 10.</li> <li>3. Use glue to attach the paper towel rolls to pizza box as shown in the following picture</li> <li>4. Ask your child to manipulate the Pom Pom rolling through each number</li> </ol> 
Modifications:	Use letters or numbers for sequencing. Apply math in the game if the child also needs to work on a math goal.

Activity	Let's Go Crazy!!!!!!
Materials	<a href="https://krazydad.com/mazes/">https://krazydad.com/mazes/</a> A range of free printable mazes graded from 'Easy' to 'tough' to 'super tough'!
Skills Targeted	Visual-perception, visual scanning, eye-hand coordination, pencil control
Instructions:	Print preferred maze. Use a pencil or thin pencil crayon or colored pens

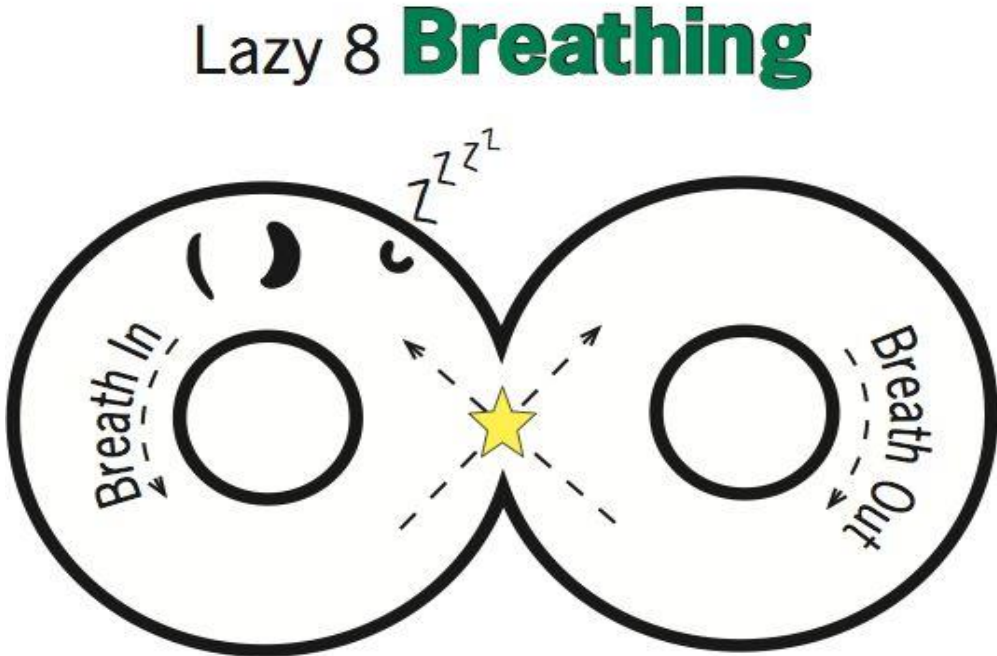
	Make it fun! See who can complete a maze the fastest – time each other Use as a pre-writing warm-up or brain break between activities & routines
Modifications:	Print larger if preferred to support visual skills and motor control Try lying on stomach with paper on floor and drawing to increase fine motor challenge, or position paper on wall with your child on tall knees

Activity      **Lazy 8 Breathing**

Materials    Paper, Pencil

Skills Targeted    Self-regulation

Instructions:



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

Modifications:	<ol style="list-style-type: none"><li>1. If you cannot print the image, have your child trace it on the computer screen or draw it on paper.</li><li>2. Use a marker instead of your finger. Use multicolored crayons or marker to make a lazy 8 rainbow while you breathe</li></ol>
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