



Occupational & Physical Therapy At-Home Activity Ideas May 18 - May 21 2020

A Message From Your Motor Team

Online resources:

Create and print customized writing paper for neat handwriting or grid paper to keep mathwork in line www.worksheetworks.com

Heavy Work Activities

<https://sensoryprocessingdisorderparentsupport.com/heavy-work-activities.php>

Community Resources

<https://arcofricities.com/resources>

Activities:

Preschool

-Add sensory input to fine motor activities by doing puzzles, coloring, or building with blocks while laying on the ground.

-Practice moving your body in different ways using songs. Sing and act out "Head Shoulders, Knees, and Toes". Practice going slow or fast and loud or quiet.

Elementary

-Measure an amount of water, then put in any sponge (dish sponge). See how much water gets soaked up with the sponge. Now you can squeeze out the sponge with each hand, and measure how much water you squeeze out. Which hand is stronger?

-Age-appropriate chore: Now, take that damp sponge and be a great helper by using big arm movements to wipe off the cabinet doors in the kitchen or the table in the dining room. Attempt to alternate the use of your arms.

Secondary

-Folding clean clothes (neatly) is an excellent fine motor activity that requires coordinated use of both hands and grading of movement. For a greater fine motor challenge try sewing on a button either to replace a loose or missing button or add one for decoration! Using thicker thread is sometimes easier.

-Age-appropriate chore: With a damp sponge and using large arm movements, clean the mirrors in the bathroom, sliding glass doors, or windows in the house. Attempt to alternate the use of your arms.

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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