

OCCUPATIONAL THERAPY

WEEK 8:

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

Activity	Making Slime
Materials	6 oz Elmer's Glitter Glue, ½ Tbsp baking soda, 1 ¼ Tbsp of contact lens solution (and extra to adjust for desired consistency), bowl, container with lid
Skills Targeted	Sensory, bilateral integration, hand strengthening, upper extremity coordination
Instructions:	<ol style="list-style-type: none">1. Pour out entire contents of 6 oz glitter glue into a bowl.2. Add ½ Tbsp of baking soda and mix thoroughly.3. Add 1 ¼ Tbsp of contact lens solution.4. Mix until mixture gets harder to mix and slime begins to form.5. Take the slime out and begin kneading with both of your hands.6. If too sticky, add ¼ Tbsp contact lens solution and knead. Keep adding ¼ Tbsp contact lens solution until desired consistency. 
Modifications	-Use any 6 oz preferred color of Elmer's glue To make it easier : -help squeeze out the glue

	<ul style="list-style-type: none"> -help your child knead the glue mixture -have the bowl placed on top of a nonslip surface or help stabilize the bowl -have the ingredients pre-measured where the child just pours the ingredients into bowl -have the correct measuring spoons already laid out <p>To make it harder:</p> <ul style="list-style-type: none"> -have the child measure out all the ingredients and pour all ingredients -have the child knead the mixture entirely -have the child identify the correct measuring spoons -allow the child to stabilize the bowl and knead slime simultaneously -double the recipe
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Activity	Matching washed socks
Materials	Clean Laundry with many socks 
Skills Targeted	Visual Perceptual, Visual Motor,
Instructions:	Student matches clean socks into pairs and fold over the top to match

Activity	Sand Tray Writing
Materials	One cookie sheet or other tray, flour or rice or small beans or sand
Skills Targeted	Letter formation, Self-Regulation
Instructions:	 <ol style="list-style-type: none"> 1. Spread the material (such as flour, rice or sand) on the tray. 2. Your child uses their finger to draw shapes or pictures and write letters or words.



Modifications:

1. If your child is just learning to draw and write certain letters, play a game where first you draw a shape or picture, then they copy what you did step by step.
2. You can make it harder by first writing a letter or word on paper, then have your child copy it onto the tray.