


# OCCUPATIONAL THERAPY

Week of May 25-29:

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	Cosmic Kids Yoga and meditation videos on utube
Materials	Utube, comfortable clothing, space to move
Skills Targeted	Self-regulation, relaxation, strengthening
Instructions:	<p><a href="https://www.youtube.com/user/CosmicKidsYoga/videos">https://www.youtube.com/user/CosmicKidsYoga/videos</a></p>  <p>This utube channel has so many great yoga, meditation and relaxation videos for preschool through tweens! Check it out!</p>
Modifications:	Find the videos right for your child! There are different themes including Frozen and Star Wars!

Activity	Paper Clip Fun!
Materials	Paper clips, toilet paper tubes, paper
Skills Targeted	Finger dexterity, finger strength
Instructions:	1. Put paper clips together to make a chain. Turn that chain into numbers or letters!



2. Use paper tubes to decorate with paper clips!




3. Add eyes and put paper clips on strips of paper to make caterpillars!



4. Put paper clips all around paper to make a border. Draw a picture in the middle!



Modifications:	You can come up with other fun ideas! Bigger paper clips will make this easier, smaller lips will be more difficult. Have fun!
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Activity:	Cutting shapes
Materials:	Scissors, printed pages from link below, or simply draw shapes on plain paper for your student to cut.
Skills targeted:	Scissor skills, bilateral coordination
Instructions:	<p>Print the cutting pages from the link below. If you are unable to print, look at the shapes on the screen and draw similar shapes on paper for your student to cut out.</p> <p><a href="https://drive.google.com/file/d/1kMvWTLT7_j8iI2OVrfjBJVtNW8V7iJKB/view?usp=sharing">https://drive.google.com/file/d/1kMvWTLT7_j8iI2OVrfjBJVtNW8V7iJKB/view?usp=sharing</a></p> 
Modifications:	<ol style="list-style-type: none"> <li>1. Draw bold lines/edges using a marker to increase “success” cutting on the lines.</li> <li>2. Remind your student to watch as they cut.</li> <li>3. Make larger shapes for your student (small shapes are more difficult).</li> <li>4. If shapes are too difficult for your student, work on simple lines with your student; straight lines and curved lines (arch).</li> <li>5. Draw the shapes on construction paper (slightly thicker paper) – this makes the paper more stable as the child holds and moves it.</li> </ol>