



Occupational & Physical Therapy At-Home Activity Ideas May 26 - May 29 2020

A Message From Your Motor Team

Online resources:

Community Resources

<https://www.respondingtoautism.net/resources>

Activities:

Preschool

Trace shadows & shapes inside or outside in chalk, marker, colors or water on concrete, paper or cardboard.

Go on a scavenger hunt in your home or outside. Make a list of items you have at home to find. Encourage good squatting technique as able or bending to reach from a chair. You could also use a stick to point to items and encourage words, colors, counting items.

Elementary

Play with various sizes of nuts, bolts and washers. Mixing and matching the sizes works on some perceptual skills and screwing them together and then taking them apart is great fine motor work. The student could even be directed to put a specified number of washers on each nut and bolt set for number concepts.

Animal Walk Exercises: Write on a smaller sized piece of paper the following animals - crab, duck, bunny, frog, elephant, crouching tiger, gorilla, cat, and starfish. Fold the pieces of paper in half and place in a bucket or other container. Take turns pulling a piece of paper and then performing the animal walk.

Secondary

Gather coins or same size game chips. Using 1 hand only pick them up with your index finger and thumb and store them in the palm of your hand. How many can you pick up without dropping? Then, one by one, stack the coins, releasing them from your hand one at a time. Take turns with each hand, which one can do more? You can compete with a family member or work on beating your personal best. Remember, 1 hand at a time!

Perform circuit training: Set-up 6 stations with push-ups, sit-ups, squats, jumping jacks, standing heel-to-toe with hands on hips, and standing on one leg with eyes closed on each leg. Perform each of the stations for either 10 repetitions or a count of 10. In between each station, jog in place for a count of 20. Then repeat the circuit. Just try your best.

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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