



Occupational & Physical Therapy At-Home Activity Ideas June 1 - June 5 2020

A Message From Your Motor Team

Online resources:

15 Gross Motor At Home Activities using Painters Tape:

<https://www.youtube.com/watch?v=76mgTjInf-Y&list=PLumyN8T6tolpPOgekVbgC-iq-QL7Ds082&index=1>

Activities:

Preschool

-Copy clapping patterns using hands together, tapping knees, or a combination of the two.

-Bounce and dribble an 8 inch ball using both hands.

Elementary

-Stack pennies as high as you can to build a tower. Also have someone roll a marble to you across a table and try to catch it in a wide mouthed plastic jar at the end of the table.

-Pillow case relay (indoor or outdoor). You will need a pillow case and some type of marker (i.e., cones, pool noodle, etc.). You need to ask for your parent's or guardian's permission to use a pillow case. Set up the markers for the start line and end line of the race at least 10' apart. The student will step into the pillow case. The adult will state 'Ready, Set, Go.' The student will bunny hop or shuffle down to the end line of the race. The student can compete against their other sibling(s)/parent(s) or their performance could be timed to see how long it takes to complete the task.

Secondary

-For low tech fun try classic paper pencil games: mad libs, crossword puzzles, mazes, adult coloring, dots-and-boxes, or tic-tac-toe. These are good ways to practice handwriting and pencil control and give your eyes a break from the screen!

-Fill the bucket activity. You will need two smaller buckets, a large sponge, and some water. Fill one of the buckets halfway or more with water. Set up the buckets outside at least 10' apart. Then perform a relay race to fill the empty bucket with water (i.e., wet the sponge in the first bucket, then run to the second bucket, squeeze the water from the sponge into the empty second bucket, then run back to the first bucket, and repeat). Continue this activity until the water level is at a certain level in the second bucket or see how much water you can get into the second bucket after a certain amount of time has passed (i.e., after 3 minutes, etc.).

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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