



Occupational & Physical Therapy At-Home Activity Ideas June 8 - June 12 2020

A Message From Your Motor Team

Online resources:

8 At Home Gross Motor Activities using towels and sheets:

<https://www.youtube.com/watch?v=IOQ8J58ZRfs&list=PLumyN8T6tolpPOgekVbgC-iq-QL7Ds082&index=4>

Use a flashlight and have fun with shadow puppets for advanced fine motor skills <https://safeyoutube.net/w/770J>

Activities:

Preschool

-Counting on fingers one at a time. Have your child hold their fingers up for each number: 1, 2, 3, 4, and 5. Do this activity on each hand.

-Roll up a towel and use it as a balance beam. See how many steps you can take before stepping off. Or roll up two towels and practice stepping or jumping over the towel hurdles.

Elementary

- Fill a gallon size plastic bag with colored hair gel (or similar substance) about a third of the way. Close the bag tightly and it is also optional to tape the top to fully seal. Place the bag flat on top of worksheets with shapes and/or letters and allow your student to trace the items with their finger and/or q-tip moving the gel around to reveal the pattern beneath.

-Bounce and catch a small ball as many times as you can in one minute. Hop side to side with two feet as many times as you can in one minute. Walk heel to toe in a straight line that is 10 feet long and repeat 5 times.

Secondary

-Grab a book or print off some mad-libs to have fun with your family. Practice your best handwriting keeping responses on the lines, then have someone else read your silly stories out loud.

- Do sit ups with feet supported as many times as you can in one minute. Do 10 forward long jumps. Practice dribbling a small ball with alternating hands as many times as you can in one minute. Play catch with a friend using a small ball for 5- 10 minutes.

Have a Great Summer Break!

This will be our last newsletter of the 2019-2020 school year. We hope you find lots of ways to build your gross motor and fine motor skills in fun activity this summer.

All activities are optional and should be performed with supervision.

For specific resources for your child's needs please contact their individual OT or PT.

If you have specific questions, please contact your child's individual OT or PT

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