

Occupational Therapy Activities

Visual Motor/Perceptual

- Puzzles 25 piece or more
- Hidden Pictures
- Coloring
- Dot to Dots/Mazes
- Cryptograms
- Arts and crafts
- Legos/block designs (copy a design)
- Board games/card games
- Play catch or ring toss games
- Put together models

Fine Motor

- Hole punch designs
- Food preparation (mixing, measuring, cutting)
- Shoe tying (<https://www.youtube.com/watch?v=QJVR8hHBQyM>)
- Practice Cutting (make a vision board...use magazines to make a poster of things you would like to do someday or make a poster of things that make you happy).
- Lacing cards
- Sticker play
- Bracelet or necklace making
- Tong/tweezer/clothespin fun
 - Find household items that can be picked up with tongs or tweezers... or just their fingers!
 - Items such as: pom poms, cotton balls, pasta, beans, small toys, small food items, etc.
 - Use tongs/tweezers to sort the items (can sort into water bottles, cupcake tins, etc),
 - Play “feed the animal”- use tongs and tweezers to “feed” food to

animals (decorate water bottles or cups)

- Q-tip painting (free paint or google q-tip painting templates)
- Origami
- Squeeze spray bottles

Writing

- Practicing letters and words in salt/sand/shaving cream/baggie of hair gel
- Build letters and words with pipe cleaners/popsicle sticks
- Chalk letters and words
- Write letters/lists
 - ***Remember our magic c letters-c,a,d,g,s,o,q; lower case partners-v,w,x,y,z; diver letters-b,h,m,n,p,r.
 - ***Letters go top to bottom; no popcorn letters (popping off the line) and remember those spaces.

SENSORY

Sensory Bins

1. Find a medium sized container or shoebox
2. Find items in your house that can be used for a sensory bin (uncooked beans, uncooked rice, uncooked pasta, etc.)
3. Ask your child to help you fill the box halfway (you can draw a line and have them fill it to the line for an extra challenge!)
4. Hide items in the box, such as puzzle pieces and toys.
5. Have your child find items and then place them on the gameboard or puzzle.

Obstacle courses

- Use household items/furniture (cushions, blankets, chairs)
- Set up a puzzle and have your child take the pieces through

Tactile Activities (play doh/clay/putty)

- Hide coins/small toys in putty and have your child find them
- Roll logs, flatten pancakes
- Make letters or shapes

- Have your child hide coins for YOU to find :)

Mindfulness

- Deep breathing
- Meditation
- Yoga

Strengthening

- Laying belly down on the floor is another great way to strengthen the upper body/core muscles and is also a great way to encourage proper wrist positioning for writing activities.
 - Most activities can be done on the floor:
 - Drawing/coloring
 - Games
 - Puzzles
 - Fine motor activities
 - Sorting laundry with mom and dad
 - Playing with toys
- Wheelbarrow Walks
- Jump Roping
- Animal walks (walk like a bear, crab)

Play Outside

- Draw/color/write with chalk
- Collect and sort rocks, leaves, and sticks
- Use sticks and stones to form letters or shapes
- Climb and swing
- Ride bikes
- Go to the park or play in your backyard
 - At this time, it is not recommended to play on playground equipment unless it is in your backyard and not touched by other children
 - However, riding bikes, walking, running, skipping, jumping,

hopping, completing jumping jacks and other non physical contact activities are all excellent activities to complete at the park

Pre-Vocational Skills

1. Have your child participate in household chores with you when they are home!
 - a. Folding towels/clothes
 - b. Sweeping and using the vacuum
 - c. Wiping down tables
 - d. Cleaning windows
 - e. Putting their clothes and toys away
 - f. Putting clothes in the washer
 - g. Cleaning dishes
 - h. Cooking simple meals or snacks

Helpful Links

1. <https://www.ot-mom-learning-activities.com>
2. <https://cornerstoneautismcenter.com/about-autism/ot-sensory-ideas-home/>
3. Pinterest
4. <http://therapiststreetforkids.com>