

OCCUPATIONAL THERAPY

HOME ACTIVITIES

School isn't in session? Then let's work on fine motor, visual motor, sensory, self-help and many more skills at home!

The following activities are quick activities that each work on a variety of important skills!

Each activity should take between 5-20 minutes each.

****Parent supervision is needed for all activities.****

BEGINNING FINE MOTOR SKILLS

1. If your kids are working on early fine motor skills, provide large open containers and various sized and shaped items, and practice putting in and taking out of the container.
2. Work on reaching by placing items in various places on table or holding them up in front of your child in various places so they have to reach and grab the items before they put them into the container.
3. Work on pincer grasp (index finger and thumb grasping a small item) at snack time with goldfish crackers, cheerios, raisins, etc.



STRINGING BEADS

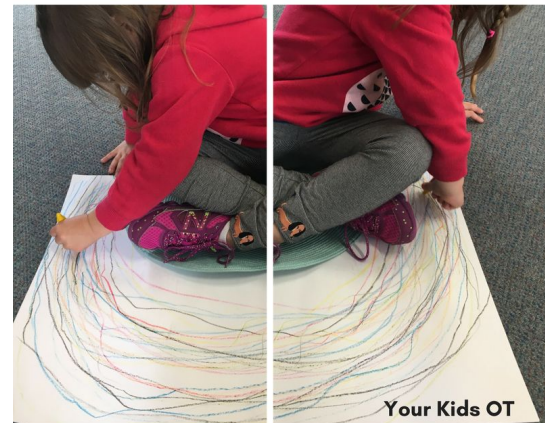
1. Find household items such as beads, tube-shaped pasta (rigatoni, penne, etc.), or snip straws into pieces
2. Find string (If you don't have any sort of string, shoelace, pipecleaner, or even use a long spaghetti noodle)
3. Have child hold "string" with non-dominant hand and thread the "bead" with the dominant hand.
4. Tip: tie together and make a necklace or bracelet!



CROSSING MIDLINE- RAINBOW ARCH

1. Place a large piece of paper (or regular pieces of paper taped together) on the floor.
2. Ask your child to sit on or below the paper.
3. Give the child crayons and ask them to draw an arch from one side to the other side.
4. You can grade this activity to meet their needs by:
 - a. Providing a visual demonstration
 - b. Cues as needed
 - c. Starting and ending dots on each side
 - d. If unable to hold a crayon, parent draw a “road,” and have child drive a car on the road.

Crossing the Midline
with Rainbow Drawing!



DIY SENSORY BINS

and container or shoebox
house they can be used for
cooked beans, uncooked rice,
(c.)
help you fill the box halfway
e and have them fill it to
a challenge!)

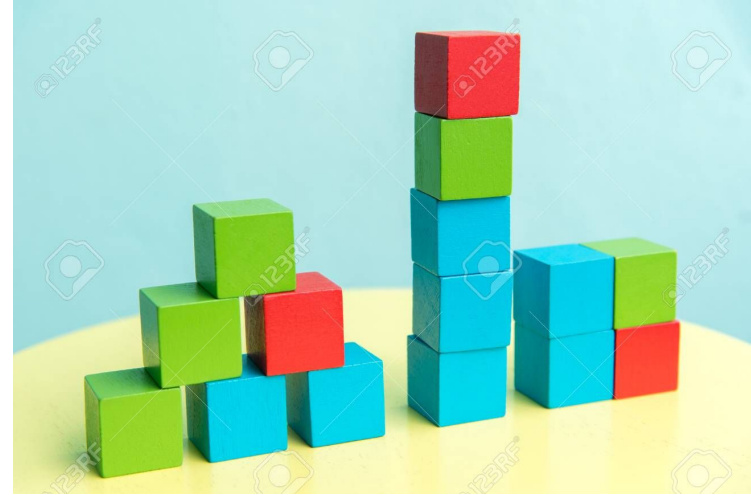
box, such as puzzle pieces

and items and then place
board or puzzle



BUILDING WITH BLOCKS

1. Use blocks or other household items to stack and create designs with blocks
2. Make a design for your child and have them imitate the design, if they can.



MOTOR WARM UP- BUILD AN OBSTACLE COURSE

1. Use household items and furniture to build an obstacle course!
2. Use couch cushions, blankets, and chairs to make tunnels and “stepping stones”
3. Use painters tape on the floor for a “balance beam”, walking pathways, and jumping hurdles. You can also use sidewalk chalk on the driveway.
4. Place puzzle pieces on one side and a puzzle on the other
5. Have your child go through the obstacle course and place the pieces on the puzzle



GROSS MOTOR - ANIMAL WALKS AND YOGA

Imitate animals to work on core strength, balance, and motor planning.

- Bear walk
- Crab walk
- Frog jumps
- Donkey kicks
- Snake crawl
- Bunny hops
- And more...



Follow along to YouTube videos of yoga routines.

Check out these channels:

- Cosmic Kids Yoga
- Bari Koral



FINE MOTOR STRENGTHENING & Pincer Development- TONG/TWEEZER FUN!

1. Find household items that can be picked up with tongs or tweezers... or just their fingers!
 - a. Items such as: pom poms, cotton balls, pasta, beans, small toys, small food items, etc.
2. Use tongs/tweezers to sort the items (can sort into water bottles, cupcake tins, ice cube tray, etc),
3. Play “feed the animal”- use tongs and tweezers to “feed” food to animals (decorate water bottles or cups)

TIP: You can also use clothespins as an alternative to tongs/tweezers.



PLAY OUTSIDE!

1. Draw/color/write with chalk
2. Collect and sort rocks, leaves, and sticks
3. Use sticks and stones to form letters or shapes
4. Blowing and popping bubbles (works on isolating fingers!) can also pop bubbles with one foot to encourage balance standing on one foot.
5. Go to the park or play in your backyard
 - a. At this time, it is not recommended to play on playground equipment unless it is in your backyard and not touched by other children
 - b. 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



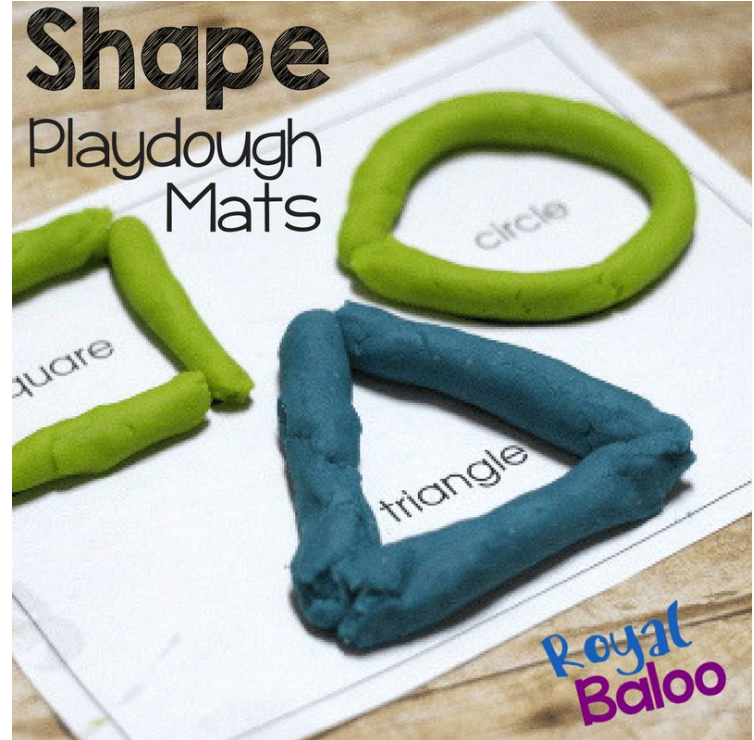
FLOOR TIME

1. 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.
2. Most activities can be done on the floor:
 - a. Drawing/coloring
 - b. Games
 - c. Puzzles
 - d. Fine motor activities
 - e. Playing with toys



FINE MOTOR STRENGTHENING & Pincer Development - TACTILE PLAY

1. Play with playdoh, putty, or clay for hand strengthening activities:
 - a. Hide coins/small toys in putty and have your child find them
 - b. Roll logs, flatten pancakes
 - c. Make letters or shapes
 - d. Have your child hide coins for YOU to find :)



FINE MOTOR STRENGTHENING & Pincer Development- Q-TIP PAINTING

1. Use q-tips or cotton balls (or paint brushes) to paint pictures
2. If you have access to a computer and printer, you can find q-tip painting pages online
3. If you don't have access to a computer or printer, you can draw a picture of your child to paint on or have them create their own

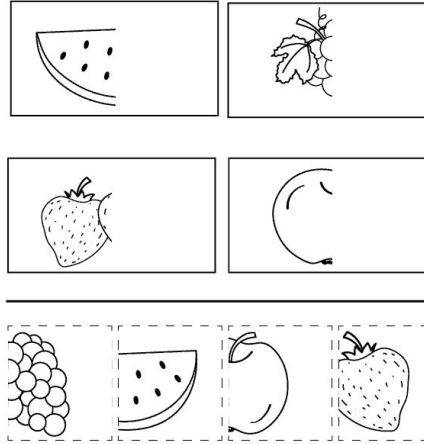


CUTTING

4. Cut stickers: have your child place stickers at the top of lines drawn on paper (straight, wavy, zig-zag) and cut on the line to “eat” the sticker.
 - a. Peeling and placing the stickers is also good for fine motor and hand strength.
5. Cut paper plates into spirals to make wind twirlers, snakes, or other animals.
6. Cut and paste worksheets
 - a. Easy to find online

Cut & Paste Fruits

Find, match and paste the pictures together.



FINE MOTOR STRENGTHENING - MUNCHIE BALL



1. Cut a slit in a tennis ball and decorate tennis ball with
2. Encourage child to place their thumb on one of the ball's 'cheeks' and their index finger on the other "cheek" and squeeze until the "mouth" opens
3. With other hand, child picks up small objects (coins, beads, etc.) and pushes them into the Munchie's mouth
4. Some tennis balls are softer than others, you can make your own Munchie Ball. You can find smaller tennis balls at the pet supply store for small animals
5. This activity works on hand strengthening, bilateral coordination, and fine motor skills

CUTTING

1. Roll play-doh “spaghetti” and have your child snip smaller pieces
 2. Collect your child’s favorite color paint chips and practice cutting on the line.
 3. Draw curves/angles/shapes on index cards and have your child ‘cut on the road’.
- Because computer paper is flimsy, construction paper, index cards, and card stock are easier to manipulate and cut.



VISUAL PERCEPTION

Figure ground at home:

- Play games to find objects in a cluttered area such as finding socks in a messy drawer or finding a specific item in the refrigerator
- Use hidden picture books such as I spy or Where's Waldo

Visual Discrimination at home:

- Have child “correct” a paper with letters formed incorrectly
- Make flashcards with the correct and incorrectly formed letters

VISUAL PERCEPTION CONT.

Visual memory at home:

- Playing the game “ Memory”
- Place several objects on a tray, have the child look at the objects and then cover them after a few seconds- have the child repeat to you what he/she saw originally on the tray.

Visual Closure at home:

- Use puzzles as a play activity to strengthen their weakness

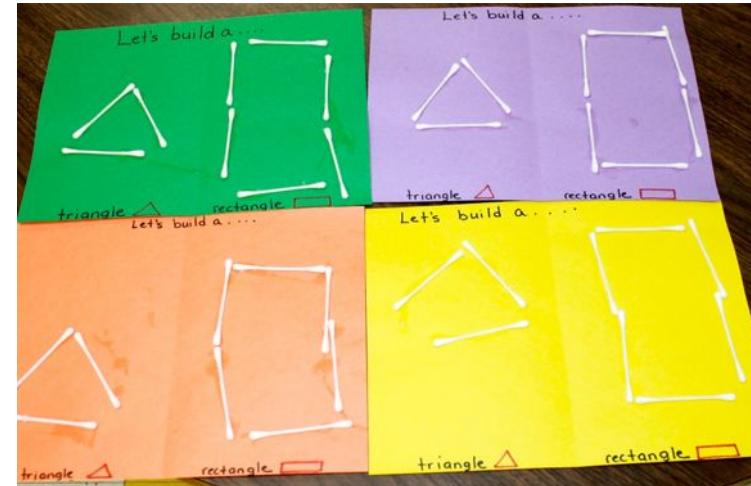
Form Constancy at home:

- Ask the child to point out the different objects in the home that are specific shapes (a clock is a circle, a table is a rectangle...)
- Pantry/refrigerator I Spy- have the child to find a given letter or shape within the pantry or refrigerator.

TABLE-TOP ACTIVITIES TO ENHANCE VISUAL PERCEPTION

PRE-WRITING SHAPES/STROKES

1. Find household items with straight sides such as popsicle sticks, Q-tips, pieces of spaghetti
2. Draw shapes with straight sides on the piece of paper (vertical line, horizontal line, triangle, square, rectangle, etc.)
3. Have your child use the items to “trace” the shapes



PRE-WRITING

Strengthening the hands, arches of the hands (palms) and fingers, are all super important. The entire strength of the tummy (core), shoulders, neck muscles all contribute in part for writing:~) Some strengthening ideas include:

1. Crawling games: Play CRANK! This is basically hands and knees soccer while tapping a soft indoor ball with the palm of your hand to score on the other player! Super fun and all ages can play:~)
2. Rolling games: Play Taco! Roll up in a blanket spread out on the floor. Offer your child deep massage - rub down their back and then have them un-roll. Make sure their face is exposed.

PRE-WRITING AND HAND STRENGTHENING CONTINUED

1. Palm strengthening/finger strengthening: It may be fun to add an indoor clothes line with the old fashioned clothes pins. You could suggest that your child hang up their shirts grouped by colors or other feature, pants etc. The squeezing of the clothespins is excellent for strengthening the arches of the hand.
2. Pinching clips of any kind is excellent, as well as rubber band activities, i.e. making those rubber band linked bracelets or stretching colored bands around tubes or nail boards.

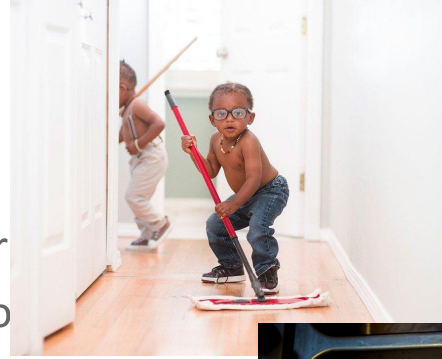
HANDWRITING PRACTICE

1. Practice forming letters in various tactile mediums such as shaving cream, sand, etc.
2. Have your child write a letter to a friend or family member
3. Write with chalk outside
4. Remember handwriting rules:
 - Form letters top to bottom and left to right
 - Leave space between words
 - Keep “tall” letters tall, “small” letters small, and encourage “fall” letters to fall (j,g,p,q,y)



VOCATIONAL SKILLS FOR ALL AGES

1. Have your child participate in household chores with you when they are home! These are also great for movement breaks!
 - 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



VOCATIONAL SKILLS FOR ALL AGES

Play Activity: Toy Wash

- Let your kids wash their plastic toys.
 - In the sink, tub, or bins/buckets.
- Add tear-free bubbles, sponges, towels and other supplies.
- Don't forget to dry them off too!
- Not only is this a functional vocational activity but it also address:
 - Hand strength, fine motor skills, bilateral hand skills, and crossing midline.



Gross Motor

 Fine Motor Executive Function Visual Motor Sensory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
walk from droom to hen. painting ize your nd do a "spot check." mazes. lime.	23 -Crawl over the bed. -Water play with spray bottles. -Clean your room once a day. -Draw a big figure-8 in the air. -Ice painting.	24 -Jumping jacks. -Hole punch craft. -Make sure you have everything you need before you leave the house. -Play flashlight tag with your eyes. -Toy wash.	25 -Ride a bicycle outside. -Play dough cutting. -Complete your chores on time. -Bean bag toss. -Rain cloud experiment (shaving cream, water, color).	26 -Army crawl. -Clothespin games. -Write reminders in your calendar/agenda. -Connect the dots. -Sensory bin (water beads, rice, beans).	27 -Play catch in tall kneeling. -Eye dropper art craft. -Set up the table before dinner time. -Design Copy. -Spin in circles in both directions.	28 -Read a book while on your tummy. -Tongs/tweezers. -Set a timer when playing video games. -I-Spy. -Pillow wrestle.
crawl. beads. om if she needs h cooking. soda and experiment.	30 -Infinity walk. -Crumple tissue paper. -Complete a 3-step obstacle course in 20 minutes. -Sorting shapes. -Jump into a large pile of pillows.	31 -Balance on a tree log. -Stack cheerios on a toothpick. -Play board games with a family member. -Insert toothpicks into a thin container. -push against a wall.	1 -Dribble a ball on a metronome beat. -LEGOS. -Prioritize important tasks to do first (homework then screen time). -Make shapes with sticks. -chew gum.	2 -Inchworm from your room to the bathroom. -Place coins in slots. -Do your chores/homework without reminders from mom/dad. -Balloon volleyball. -Drink water from a long straw or exercise water bottle.	3 -Play the Floor is Lava! -Hide beads in putty. -Make a to-do list for today's activities. -Stack rocks outdoors. -Yard work: mowing the lawn, raking grass/leaves, pushing wheelbarrow.	4 -Toss a balloon in the air and don't let it drop. -Peel stickers. -Draw 3 things you did today at night. -Color a picture inside the lines. -Sandwich game between pillows/sofa cushions.

5 -Bear walk. -Paperclips necklace. -Write out a list of words that start with the letter A. -Write letters in the air with a flashlight. -Suck applesauce through a straw.	6 -Build a fort out of pillows. -Pop bubble wrap. -Play musical chairs with a family member. -Egg drop race (keep your eyes on the egg). -Push heavy boxes across the carpet.	7 -Burrito Log roll. -Draw on a vertical surface. -Assign a folder or a specific place for your all your drawings. -STEM project. -Melt ice with salt or water.	8 -Hop on 1 foot to the living room. -Finger puppets. -Cook with a family member. -Throw a ball at a target. -Mud pie (outdoors).	9 -Play tug of war. -Roll play dough ball between thumb and index finger. -Play Simon Says with music in the background. -Use a pool noodle to hit a suspended ball. -Finger paint.	10 -Pass a ball back and forth in a superman position. -Flick paper ball with each finger. -Sort coins or colored items. -Stack cups. -Trace your shadow with chalk (outdoors).	11 -Wheelbarrow walking. -Crumple paper with one hand. -Draw your schedule for the day and stick it on the fridge. -Blow and catch bubbles with the bubble wand. -Collect 10 different leaves outside.
12 -Outdoors running race. -Finger painting. -Color code your school notebooks, folders, and workbooks. -String pasta. -Burrito blanket.	13 -Walk/run up a hill. -Squeeze a wet sponge. -Play memory games. -Make a morning schedule with mom/dad the night before. -Eat something crunchy.	14 -Roll down a hill. -Pick up sequins. -Ask mom/dad to look for recipes online to cook together. -Ring toss. -Create a quiet corner for reading.	15 -Build a fort outdoors. -Practice buttoning on dress up dolls. -Science Experiments. -Bring your thumb to your nose and back. -Make calming sensory bottles.	16 -Climb a tree (supervision required). -Color with a broken crayon. -Cutting craft. -Art craft. -Yoga.	17 -Make an indoor obstacle course. -Snap fingers. -Play Red Light/Green Light. -Bounce a tennis ball to a family member. -Animal walk.	18 -Throw/catch a ball by yourself. -Wind up toys. -Ask mom/dad to help you break big tasks into smaller portions. -Tangram activities. -Shaving cream paint.
19 -Hopscotch. -Leaf rubbing art. -Draw/write house rules. -Pass a ball between your legs. -Put your feet in a sensory bin.	20 -Play sports. -Wrap your thumbs around when you climb on monkey bars. -Persist on completing a puzzle. -Lacing. -Use your hands to cook.	21 -Indoor bowling (use your imagination). -Move a bead from your palm to your fingertips. -STEM projects. -Pouring/filling cups with water. -Water balloons.	22 -Frisbee. -Write on play dough. -Play UNO or any card games. -Make play dough letters. -Walk barefoot on grass.			

	MARKERS		COINS (PENNIES)
	CRAYONS		LOOSE LEAF PAPER
	COLORED PENCILS		CONSTRUCTION PAPER
	SCISSORS		TOOTHPICKS
	GLUE		CLOTHESPINS
	TAPE		HIGHLIGHTER
	TENNIS BALL		RULER
	COTTON BALLS		KITCHEN TONGS
	Q-TIPS		BASKETBALL OR SOCCER BALL
	TISSUE PAPER		HOLE PUNCHER
	SPARE SHOELACES OR YARN		ZITI OR PENNE PASTA

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HELPFUL WEBSITES

- Typing.com or Typingclub.com
- <https://www.youclevermonkey.com>
- [https://www.theinspired treehouse](https://www.theinspiredtreehouse.com)
- <https://www.pinkcoatmeal.com>
- <https://www.3dinosaurs.com>
- <https://www.theottoolbox.com>
- <https://www.handsonaswegrow.com>
- <https://www.yourtherapysource.com>
- <https://www.ot-mom-learning-activities.com>
- [https://cornerstoneautismcenter.com/about-autism/ot-sensory-ideas-homeh/](https://cornerstoneautismcenter.com/about-autism/ot-sensory-ideas-home/)
- Pinterest
- <http://therapystreetforkids.com>
- Shoe tying
<https://www.youtube.com/watch?v=QJVR8hHBQyM>

Occupational Therapy e-learning