Occupational Therapy Home Activities

Here are some suggestions for fine motor, visual motor, sensory and self-help skills that you can do with your child at home while we are on break.

Some activities may not be appropriate for your child, so choose only those activities that you are comfortable with your child performing.
Take 5-20 minutes to explore an activity of your choosing!

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

Marshall County schools, Alabama
North Alabama Occupational therapy, LLC
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*Please email us if you have any questions ferguson.maryhelen@marshallk12.org
**Gross Motor Play**

Complete gross motor type play before completing seated work to encourage improved attention to task.

*If you don’t have a dice from a game, just make numbers on scratch paper or find a printable dice online to cut, fold and glue/tape.*

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**Roll Some Brain Breaks**

*Directions: Roll one die for each of the columns. Perform the quick brain breaks that match the number you rolled on the die. For example, if you roll a 1-2-3-4-5-6 you would perform the following brain breaks: 10 jumping jacks, 5 wall push-ups, 10 twists at the waist, 10 jumps over a pencil on the floor and take 10 deep breaths.*

<table>
<thead>
<tr>
<th>Column #1</th>
<th>Column #2</th>
<th>Column #3</th>
<th>Column #4</th>
<th>Column #5</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 jumping jacks</td>
<td>Wiggle your whole body for a count of 10</td>
<td>Touch R hand to L elbow and L elbow to R knee 5 times</td>
<td>Bring R elbow to L knee and L elbow to R knee 5 times</td>
<td>Rub your entire R arm with your L hand</td>
</tr>
<tr>
<td>5 wall push-ups</td>
<td>Move the upper half of your body</td>
<td>Make 10 small circles with your arms</td>
<td>Make 10 jumps over a pencil on floor</td>
<td>Touch L hand to bottom of R foot. Repeat 5x.</td>
</tr>
<tr>
<td>Squeeze your R hand firmly with your L hand</td>
<td>Spread legs apart and bend at waist while looking between knees. Repeat 5x.</td>
<td>Make 10 jumps out with arms to the side</td>
<td>Spin in a circle 3 times to the right</td>
<td>Rub your entire L arm with your R hand</td>
</tr>
<tr>
<td>Move the right side of your body</td>
<td></td>
<td></td>
<td>Spin in a circle 3 times to the left</td>
<td>Touch R hand to L foot and then L hand to R foot 5 times</td>
</tr>
<tr>
<td>Touch R hand to L shoulder. Touch L hand to R waist. Repeat 5x.</td>
<td>March in place 5x with knees high for a count of 10</td>
<td>Squeeze your L hand firmly with your R hand</td>
<td>Make 10 large circles with your arms</td>
<td>Touch hands overhead and try to balance on one foot for 5 seconds.</td>
</tr>
<tr>
<td>Move the lower half of your body</td>
<td>Run in place for a count of 15 seconds</td>
<td></td>
<td></td>
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</tbody>
</table>

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Fine motor strengthening & pincer development - Tong/Tweezer Fun!

1. Find household items that can be picked up with tongs, tweezers, clothespins, chip clips, kitchen tongs 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, etc)
3. Play “feed the animal”- use tongs and tweezers to “feed” food to animals (decorate water bottles or cups)
4. Feed the Munchie Ball (cut a slit in a tennis ball, squeeze and feed!)
5. Print clip matching cards (free online)
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; Have your child hide coins for YOU to find
   b. Roll logs, flatten pancakes, make letters/ shapes
   c. cut /snip with safety scissors or a popsicle stick

*find homemade “playdoh” type recipes online (Pinterest has lots of options!)

2. Fingertip/Q-tip painting:
   a. use regular paper or find free templates online
   b. Watercolor paint, washable paint and stamp pads work great. Use anything can have on hand that makes color!!
Stringing & Cutting Skills

1. Find household items such as beads, tube-shaped pasta (rigatoni, penne) or snip straws into pieces
2. Find string (If you don’t have any sort of string, shoelace or pipe cleaner...you can 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!

Extra cutting practice:

1. Draw curves/angles/shapes on index cards, construction paper, card stock, etc and have your child ‘cut on the road’. The thicker the paper, the easier it is for your child to hold and cut. Computer & notebook paper are “floppy” and harder to control
Building with Blocks or Legos

1. Use blocks or other household items (plastic cups, empty cardboard boxes, etc) to stack and create designs with blocks
2. Make a design for your child and have them imitate the design, if they can
3. Play a game with Legos taking turns making objects like a car, tree, etc (or use building instructions available for free at www.lego.com)
**VISUAL MOTOR SKILLS**

Games that enhance visual skills:
- Mazes or Tracing worksheets
- Hidden picture worksheets
- Dot to dot worksheets
- Word searches
- Puzzles
- iSpy & Following directions worksheets
- What’s different worksheets
- Connect Four
- Tic-tac-toe
- Bingo
Handwriting Practice

1. Practice forming letters in various tactile mediums such as shaving cream, sand, rice trays, pudding, dirt
2. Have your child write a letter to a friend or family member
3. Encourage your child to make sure: letters are on the lines, spacing is appropriate

*Laying belly down on the floor is another great way to strengthen the upper body/core muscles and to encourage proper wrist positioning for writing activities. You can perform many of the activities listed in this resource in a variety of floor positions (criss cross applesauce, side lying, propped on pillows, etc)
**Play Outside!**

1. Draw/color/write with chalk
2. Collect and sort rocks, leaves, and sticks (play outdoor iSpy)
3. Use sticks and stones to form letters or shapes
4. Blowing and popping bubbles (works on isolating fingers!)
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
Home Tasks for all ages

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. Putting their clothes and toys away
- e. Cleaning dishes
- f. Help make snacks
Helpful Websites & Resources

- https://www.ot-mom-learning-activities.com
- Pinterest
- www.therapystreetforkids.com
- www.otplan.com (you can select a type of task, select items you have for use and then it will give activities to complete)
- www.yourtherapysource.com (Free Stuff tab will have resources to print)

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