

Occupational Therapy In-Home Activities

<https://www.theottoolbox.com/>- This site has great ideas for fine motor activities, handwriting, sensory processing, and cognitive function activities. It is informative and gives great ideas!

<https://therapyfunzone.net/blog/product-category/digital-downloads/free-downloads/>

<https://www.yourtherapysource.com/freestuff.html>

Fine Motor Skills/Bilateral Coordination/Visual Motor Integration

<https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/> -Gives activity ideas using items in your home

<https://handsonaswegrow.com/fine-motor-skills-activities-Gives> activity ideas using items in your home

Activity Ideas:

- Use tweezers to transfer pom poms, small figurines, etc. into a container
- String beads
- Lacing cards (You can make your own by cutting shapes out of cardboard or paper plates!)
- Dot-to-dots
- Cut, color, paste activities- There are a ton of free printouts
- Building with legos- Make it more challenging by copying each others' designs
- Make mazes with pipe cleaners, putty, or playdough (Try to blow a pom-pom or cotton ball through to work on coordination and oral motor skills!)
- Screw and unscrew nuts and bolts
- Locate hidden objects such as marbles or buttons in playdoh
- "Color" pictures by ripping up small pieces of construction or tissue paper, roll them in small balls, and glue them on to a coloring page
- Make a Tennis Ball Frog:



- Tape coloring pictures to a wall or underneath a table to work on grasp and fine motor strength

- Make letters out of playdoh or pipe cleaners
- Practice writing in shaving cream
- Use clothespins (Cut clothing items out of construction paper and make a mini clothesline!)
- Origami, make paper airplanes, or cootie catches
- Learn to crochet
- Light Bright
- Play Mancala (Works on dexterity and in-hand manipulation)
- Follow step-by-step instructions to draw (Example: <https://www.drawingnow.com/tutorials/tag/for-kids/>)

Sensory Processing Activities

<https://www.gonoodle.com/>- This site has fun videos to get the wiggles out! Addresses sensory processing, motor planning and coordination.

<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/sensory-processing-issues/heavy-work-activities>- Explains the calming benefits of heavy work, and gives activity suggestions and suggestions on chores that give this type of sensory input

<https://www.spdstar.org/basic/home-activities>- Home activities that give heavy work input!

- Make obstacle courses (Bonus if the child can help develop the steps to address planning skills!)- Use couch cushions, pillows, crawl under tables or chairs, jump over obstacles, incorporate animal walks, army crawl, etc.
- Kids yoga poses
- Make sensory bins- Use water beads, sand, uncooked rice and beans, cooked spaghetti noodles, flarp putty, or dry noodles. Hide objects inside and make it an eye spy game! Use letter beads and hide a hidden message in the bins for them to find!
- Learn a dance (cha cha slide!)
- Make a sensory walk with side walk chalk- Works on fine motor and planning skills, too! (Here's an example:
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- Make a "Lazer Maze" out of tape, string, or streamers, such as this one:



- Messy Play! -Shaving cream, finger paint, etc.
- Make a crash pit out of bean bags, pillows, and cushions
- Make a blanket fort for a fun, quiet, visual-stimuli-eliminating space to play or complete school work
- Create a sensory walk, like this:



- Play twister, or other coordination games (such as the cranium games)
- Think of alternative seating options while working on school work or table top tasks, such as laying on stomach and propping on elbows for sensory input, using a wobble cushion/exercise disk, etc.
- Cross crawls (Opposite elbow to opposite knee), sing ABC's while completing
- Make homemade playdoh, cloud dough, slime, etc. (Can work on measuring!)
- Make a sensory bottle

Example: Home made lava lamp- Empty plastic bottle, water, vegetable oil, food coloring, glitter (optional), and alka-seltzer tablets

- Fill bottle $\frac{3}{4}$ way with oil
- Fill almost to the top with water
- Add in 4-5 drops of food coloring of your choice. Can add glitter or sequins too!
- Break apart alka-seltzer, add in a small piece at a time.
- Watch and enjoy! Tape or glue lid to bottle for safe keeping

Example: Sound sensory bottle/rainstick- collect sticks from outside and fill the bottle. Add in rice. Can add small objects like glitter, sequins, buttons or beads as well. Tip and enjoy the sound!

16. Cookie Dough Rolls: Have your child lay on their stomach on the floor, arms to sides. Take a large ball (like a yoga ball or a larger play ball) and roll up and down the length of the child's body from shoulders to feet, applying deep pressure.

17. Wheelbarrow walk over a yoga ball. Example: Walk out over the ball to get pieces to a puzzle or game, roll back and place

18. Oral motor activities and activities that encourage deep breathing. Examples: Bubble volcano (bin with soapy water, add food coloring, and blow through the straw in the bathtub or sink), make mazes on the floor or table and blow a cotton ball through them, blow bubbles, bubble painting (mix food coloring in bubbles, blow bubbles at paper).



- Create a visual schedule to help stay on task and complete self-care tasks. Boardmaker is a program you can use to create this. You can get a free 30-day trial without entering any card information: <https://www.boardmakeronline.com/Login.aspx>
- Shoe Tying “The OT Way”:
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- Break down tasks to step-by-step directions to assist children in learning tasks. For example:



Behavioral Supports

- Build in rewards throughout the day. For instance, for each chore a child completes they get 5 mins of ipad/video game time. This way, it is up to them to earn it versus you taking it away as a consequence.
- Use a visual rewards system:



Another Example: Get an empty clear bottle. Draw a line in the middle. For every positive thing your child does, give them a craft pom pom or marble to put in their container. Once they get to the line, they get a reward. This could be a treat, something out of a prize box, extra technology time, whatever is motivating for your child! Have them help in choosing the reward.

- Use a visual timer on your phone or microwave for daily tasks such as homework time or free time
- Use a first-then schedule to help children get through difficult tasks. Example: First 10minutes of math, then 5 minutes of free time
- Built in movement breaks throughout the day