

Occupational Therapy

Home Program Ideas

Adult supervision required for all activities, please choose activities appropriate for your child's abilities

Activities to Prepare to Work:

- Make sure you have a good work surface (comfortable supportive chair, table or lap tray to work)
- Take 10 deep breaths in and out slowly before you start working
- Simon Says

Writing/pre-writing and fine motor activities:

- Practice writing full name
- Coloring/drawing
- Playdough/clay
- Penny flip: turn pennies or coins over from heads to tails and back in in all different positions and directions
- Building with blocks
- Dominoes
- Dot to dots, mazes, hidden pictures, I Spy Books, Where's Waldo, Word Searches, Crossword puzzles
- Computer work: have student work on keyboarding skills
- Write letters (have students write letters to family members and out of town family)
- Puzzles
- Painting/finger painting

Sensory:

- Jumping (on a mini-trampoline or up and down on the floor)
- Lying on stomach on the floor, popped up on elbows for sensory input
- Roll/walk on different types of surfaces (carpeting, grass)
- Rice/bean Bin: Fill a bowl or bin with either rice or beans and hide common objects in it to find (like buried treasure)
- Making bread/cookies: Kneading dough, stirring, cutting out cookies with cookie cutters

From the NPS OT Department