

Weekly OT At Home Activities – Choose one or more per week

Please be sure to use with appropriate adult judgement and supervision for safety!

Contact me with any questions Lisa Lamm, MOTR/L llamm@ladse.org

Monday Fine Motor Day	Tuesday Coordination Day	Wednesday Visual Perceptual Day	Thursday Sensory Motor Day	Friday Life Skills Day
Playdough	Volleyball	Cereal Box Puzzle	Heavy Work	Make cinnamon Toast
Stringing Items	Cotton Ball Coordination	Sorting	Grading Movements	Make Cookies
Tweezers and Tongs	Bean Bag Toss Target Practice	Memory	Tactile Awareness	Practice Activities of Daily Living
Stacking	Blow Bubbles	Lid Matching	Tactile Discrimination	Practice Instrumental Activities of Daily Living
Drawing/Coloring	Play Catch	Sky Write	Calm Down Bottle	Leisure Activity

Monday (Fine Motor Day)

Playdough activities:

- Roll pieces of play dough into tiny balls then pound them flat with fist.
- Roll out playdough with both hands and use cookie cutters (or plastic knife) to make shapes (with supervision)
- Hide items in play dough for child to find (coins, beads etc.) with supervision.

Stringing items:

- You can use cereal, pasta, beads, or anything else you can find!
- String the items onto a pipe cleaner, yarn or shoestring.

Tweezers and tongs:

- Use tweezers or tongs to pick up items and place in a bowl. If you don't have any kitchen tongs, bend a straw in half to make "tongs".
- Pick up wadded up pieces of paper, tissues, small pompoms, cotton balls, cereal, beads, or any other small items you can think of!
- *Added challenge:* use different bowls and have your child sort the objects by size, color, shape, etc!

Stacking:

- Stack blocks as high as you can!
- Make a simple lego or block design and have your child make the same design.
- If you don't have blocks, plastic cups can work too!

Drawing/Coloring:

- Practice coloring inside the lines
- Draw faces (practice drawing emoji's with different emotions)
- Draw people - Remember to add head and body with arms (that come out from the body), legs, and as many details as you can
- Practice writing your name

Tuesday (Coordination Day)

Volleyball:

- You can use a ball or a balloon.
- Pass it back and forth, overhead, under legs.
- Encourage your child to use just their hands (not their chest!) to catch the ball

Cotton Ball Coordination:

- Blow cotton ball across table back and forth (use mouth, straw or turkey baster). Don't let the cotton ball fall off the table!
- *Added challenge:* set up "goal posts" with your fingers and have your child aim to get the cotton ball between the posts!

Bean bag toss target practice:

- Toss beanbags (or crumbled up pieces of paper) into box or empty trash can
- *Added challenge:* use different sized boxes or can. Place them at different distances and angles.

Blow bubbles:

- Blow bubbles and have your child pop them by clapping hands together.
- *Added challenge:* Have your child keep 1 hand behind their back and use only 2 fingers of their dominant hand to pop the bubbles.

Play Catch:

- Added Challenge: Practice playing catch in a high kneel (on knees without sitting on feet)

Wednesday (Visual Perceptual Day)

Cereal box puzzle: see attached pictures

- Using a cereal (or any empty) box, cut the box into pieces. Have your child re-assemble the box.
- Make sure to take a picture of the box before you cut it up so your child has a reference.
- *Added challenge: you can make the puzzle simple or more difficult! Add letters, math problems, or sight words to the back of the pieces*

Sorting:

- Sort small toys or any items by color, shape, or size.
- Use a cupcake tin, ice cube tray or bowls to sort the items.

Memory:

- Choose items around the house, place them on the table, and cover with a towel.
- Uncover for your child to look at the items for about 1 min and then cover it back up.
- Ask your child to name as many things as possible that they can remember.
- *Added challenge:* Using 2 or more plastic cups, hide an item underneath 1 cup. Tell your child to remember which cup the item is hidden underneath. Move the cups around and ask your child which cup has the hidden item inside.
- *Added challenge:* Play memory game with any set of cards! Lay cards out facing up, have your child look at the cards for 1 minute before turning the cards over face down. Ask your child where certain cards are.

Lid matching:

- Save various plastic containers (trial size toiletries, condiments etc..) and have your child practice opening and closing them.
- Using the same containers have your child match the lids of the items to its correct container.

Sky Writing:

- Sky write (arm straight out in front) letters, numbers, your name, and/or sight words. Be sure to start your letters "at the top"

Thursday (**Sensory Motor Day**)

Heavy work:

1. Have your child sit in chair and push their hands down to lift feet and bottom off of the chair (chair push-up)
2. Push against the wall (wall push-up)
3. Heavy march to the beat of music
4. Pound out rhythms on drums made from decorated coffee cans or pans
5. Log roll on the floor. Try to roll over small pillows or roll yourself up in a blanket as you roll across the room
6. Set up a large pile of cushions and/or pillow and jump into them

Grading movement:

- Scoop rice or beans from one bowl to another with a spoon. As the child masters this task, place the bowls farther away from each other. Try not to drop any! This helps the child learn how to appropriately grade their movements from light to heavy, fast to slow, etc.

Tactile awareness:

- Dump dry rice or beans into a container and hide small items for your child to retrieve (with supervision for small pieces)
- Hide small toys in playdough or putty to be found and pulled out
- Draw pictures, letters, shapes, numbers in shaving cream.

Tactile discrimination:

- Put small toys in a bag and have your child reach in and try to guess what they are without looking (only feeling with their hands!)

Calm Down Bottle: *see attached directions*

- Calm down bottles tend to have a very calming effect on children. They love to shake them, roll them and watch the contents swirl around.
- **OR** make a quiet retreat – drape a sheet over a table. Fill it with pillows, blankets, drawing supplies, books or other quiet toys

Friday (**Life Skills Day**)

Make cinnamon and sugar toast:

Have your child spread the butter on the toast.

Shake the cinnamon and sugar together in a container.

Cut the toast into shapes using cookie cutters.

Make cookies:

Help your child to measure the ingredients.

Have them stir the ingredients together, form the cookies into dough balls, or cut into shapes with cookie cutters.

Activities of Daily Living (ADLs):

- Practice buttoning/unbuttoning (use various clothing), practice zipping/unzipping backpack and putting in /taking out items
- Practice tying shoes! Shoes do not have to be on your child for them to practice 😊

Instrumental Activities of Daily Living (IADLs):

- Help your child to peel an orange
- Have them:
 - Pour water from one cup to another
 - Help fold laundry, sort socks,
 - Help water plants with squirt bottle,
 - Help wash and dry dishes,
 - Wipe off the table,
 - Help wash windows and sweep the floor,
 - Help with baking/cooking tasks

Leisure Activity:

- Play with toys, read a book, watch a movie, do a puzzle...anything you like doing
- Build a fort and watch a movie from inside the fort

Weekends

- If weather permits: play outside especially on the weekends! Play with bubbles, run, swing, jump, hopscotch, draw with chalk, ride a bike, toss a ball, take a walk, etc...
- Animal Walks: crab walk, bunny hop, frog jump, bear walk etc. ***see attached picture***
- Go on an outside scavenger hunt! Have your child describe the different texture of various items (are they soft, rough, bumpy, smooth, etc).



Cereal Box
Puzzles



Cereal Box Puzzles



7 MINUTE HIIT WORKOUT FOR KIDS

DO AS MANY OF EACH MOVE AS YOU CAN IN 45 SECONDS. TAKE A 15 SECOND BREAK IN BETWEEN.

FROG JUMP
Hop, hop hop! up and down like a frog

BEAR WALK
With your hands & feet on the floor, hips high, walk left & right

GORILLA SHUFFLE
In a low sumo squat, use your hands to balance and shuffle around the room.

STARFISH JUMPS
Jump up and down spreading your arms and legs wide (Jumping jacks)

CHEETAH RUN
Run in place as fast as you can, just like the Fastest animal in the Sahara

CRAB WALK
Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.

ELEPHANT STOMPS
March in place, stomping your feet as hard as you can.

he's
EXTRAORDINARY
TOOLS FOR RAISING AN EXTRAORDINARY PERSON

Calm Down Bottles

Activity for an individual child

Duration of activity: 20 minutes

Materials:

- 1 or more bottles or jars
- Water
- Liquid dish detergent, or Cooking oil and food coloring, or
- Light corn syrup or clear shampoo or hair gel and small decorative items (such as sequins, buttons, or foil shapes)
 1. Choose whether you would like to make a bubble bottle, wave bottle, or slow-motion bottle.
 2. For a bubble bottle, fill the bottle 3/4 of the way with water. Add 2 tablespoons dish soap.
 3. For a wave bottle, fill the bottle 3/4 of the way with water. Add 2 tablespoons cooking oil and a few drops of food coloring.
 4. For a slow-motion bottle, fill the bottle with corn syrup, shampoo, or hair gel. Add the small decorative items of your choice.
 5. Be sure to seal the bottles so that they do not leak and your child does not have access to small parts that he can choke on.

