

Occupational Therapy Activities to do at home:

Make It Fun!!

- Practice handwriting skills – Copy/write alphabet letters/numbers, write/copy silly sentences, form letters in salt/shaving cream/etc., use highlighted lines for sizing, write on inclined surfaces (dry erase boards/chalk boards/paper taped to wall/mirrors!), draw pictures and write about them, practice shapes
- Scissor skills – Cut out shapes/coloring sheets, cut up straws, cut playdough/theraputty, picking up items with tweezers/tongs, clothespins
- Self care skills – Practice buttons/zippers/shoe tying (try on tabletop first before on self; try shoe tying with different colored laces), buckles, Velcro, snaps
- Pencil grasp – color/write with broken crayons/pencils, find small items in playdough/theraputty, Q-Tip painting
- Hand/upperbody strengthening tasks – play with theraputty/playdough, wall push-ups, animal crawls, crossing mid-line tasks, throwing/catching a ball with Velcro sticky/grip mitts, Paint on inclined surfaces, Stretching/Range of Motion (all to tolerance with no pain/discomfort!), Yoga
- Sensory – Make a sensory bin (beans, rice, water, leaves, etc.), form letters/shapes in shaving cream, magnetic sand, exercise, wall push-ups, yoga, animal walks/jumps, balloon tennis
- Visual motor tasks – puzzles, mazes, connect the dots, word searches, hidden pictures, tanagrams, etc.
- Apps for Tablets – Letter school, Write my name, Bugs and Buttons, Bugs and Buttons 2, Bug Art, Pixel Art, Paint Sparkle, Shape Puzzle, Recolor, Children’s Count Down Timer (to transition between tasks)
- Board Games/Games – Don’t Break the Ice, Legos, Spot-It, card games, Perfection, Connect Four, Battle Ship, Operation, Jenga, Hi Ho Cherry-O,
- Typing – Typing.com, Dance Mat Typing website, type from favorite book