

Weekly OT At-Home Activities—Choose at least one activity each week

Please be sure to use with appropriate adult judgement and supervision for safety! Contact your occupational therapist with any questions.


Fine Motor

Visual Motor

Sensory

Executive Functioning

Gross Motor

Week of	Fine Motor	Visual Motor	Sensory	Executive Functioning	Gross Motor
<p>April 20, 2020</p> <p>Choose one or more</p>	<p>Use a clean spray bottle with water to clean the table or to make designs on the walkway or sidewalk</p>	<p>Draw emojis</p> 	<p>Give some plastic toys a bath in a pot or other large container. Use a washcloth and mild soap.</p>	<p>Build a fort with sheets and chairs or cushions. Use clothespins, binder clips or elastics if needed. See how big you can make it</p>	<p>Find lines on the sidewalk or draw lines in dirt. Jump on two feet forward/backward 10 times then try sideways 10 times. Repeat at least twice.</p>
<p>April 27, 2020</p> <p>Choose one or more</p>	<p>Use tongs from the kitchen or a game to pick up and carry cotton balls, Legos, small cars or other toys to a different room</p>	<p>Sky-write (arm straight out in front) letters, spelling, sight or vocab words. Be sure letters start "at the top" and that you go around to the starting point for a and g</p>	<p>Log or pencil roll on the floor. Try to roll over small pillows or blankets or roll yourself up in a blanket as you roll across the room</p>	<p>Set the table—remember fork/spoon, plates, cups, serving spoons, napkins and any needed condiments (ketchup, salt, etc.). How did you remember everything?</p>	<p>Army crawl when you move to a different room all day</p>
<p>May 4, 2020</p> <p>Choose one or more</p>	<p>Cut up a straw or use macaroni and yarn, string, twist ties or pipe cleaners to make a necklace or bracelet</p>	<p>Toss rolled up socks into a basket. Move it to different distances for the "just right" challenge (not too easy/not too hard)</p>	<p>Set up a large pile of cushions and pillows and jump into them</p>	<p>Set a timer for playing video games-- use a visual timer so you can keep track of your time while playing. Set a warning timer too if you'd like</p>	<p>Gather different size pillows and see how long you can stand on each one, first on two feet then on one foot, or walk over them</p>