



NORTH TONAWANDA
CITY SCHOOL DISTRICT
DEPARTMENT OF STUDENT SERVICES AND SPECIAL
EDUCATION

176 WALCK ROAD ♦ NORTH TONAWANDA, NEW YORK 14120-4097 ♦ [716] 807-3565 ♦ FAX: [716] 807-3524

Dear Parents,

Recognizing that your child may be home for an extended period of time, we want to share ideas on how to continue supporting the development of fine motor skills at home. Included is a packet of activities that target skills addressed in OT. Below is also a list of simple things that you can do every day:

1. Encourage your child's best handwriting as often as possible when completing home or school tasks (i.e. writing on the line, correct letter size/spacing between words)
2. If completing work online, encourage your child to have good posture and keyboarding skills
3. Encourage participation in coloring and cutting tasks
4. Minimize screen time
5. Encourage fine motor play with Legos, playdoh, games, and crafts
6. Cosmic Yoga (on YouTube) promotes movement and exercise
7. Check out free websites such as learninggamesforkids.com and theotttoolbox.com
8. Play outside when possible

Stay safe and keep healthy.

Sincerely,

North Tonawanda OT Staff

Jlyons2@ntschoools.org (Spruce, Ohio, LC, NTI)
mdoe@ntschoools.org (LC)
griley@ntschoools.org (NTI, HS)
sboland@ntschoools.org (Ohio, LC)

mwojciechowski@ntschoools.org (all)
jhorn@ntschoools.org (Spruce, MS, HS)
lnowicki@ntschoools.org (Drake)

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

Phone: 836-5929

Fax: 836-6057

Dear Parents and Families,

During this time of school closures, many children who receive Occupational Therapy services will not have access to their services. In anticipation of this, we at OTAS have formulated a list of weekly activities. We suggest 2-3 days of these mini sessions each week. The activities can be performed with common items found around your home.

The following activities are meant to supplement and help maintain skills. It is important to note completing the following activities is not the equivalent of working with your professionally trained Occupational Therapist.

If you have questions, please contact your building OT. Their contact information is listed below.

Thankyou

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

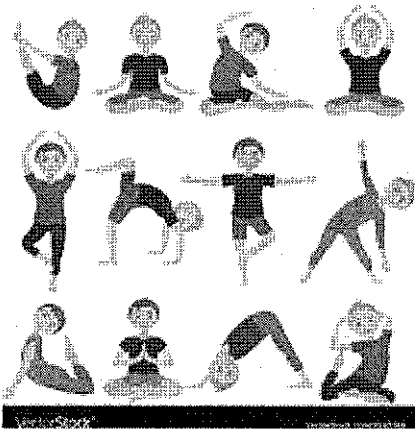
Phone: 836-5929

Fax: 836-6057

OCCUPATIONAL THERAPY WEEK 1

Kindergarten through Second Grade

Day 1: Sensorimotor Yoga Poses. Have the student assume a posture and hold it for 10 seconds. Yoga poses are good to strengthen and develop muscle groups. They promote body awareness. They also encourage a calm, quiet body which is good for the nervous system.



Fine Motor: Penny games. Gather between 10-20 pennies. Have your child pick up a penny using their "pincher fingers". Next work that penny into the palm of their hand using only their fingers. Pick up another penny doing the same thing without dropping the penny. See how many they can trap in their hand.

Visual Motor: Take the pennies you have already gathered. Have your child make a penny pathway across a sheet of paper. Have your child trace the outside of the penny. When a pathway of at least 10 pennies is traced, get a dice and race across the paper using one penny as a marker. Don't have a dice, download a spinner on your iPad.

Day 2: Sensorimotor: Today you will need a deck of cards (Uno, Go Fish, etc) Pick a card, and have the child complete the number on the cards for reps for the following exercises: crab walks forward, back ward, bear walks, frog jumps, and soldier crawls across the room.

Fine Motor: Take your deck or cards and have child hold them in their helper hand (non dominant). Have them flip cards over and sort them by color piles. Spread the piles out in a line across their body so they have to work across and through their midline. If there are too many cards, have them hold a smaller pile and complete the task.

Visual Perceptual: Play the game of cards.

Day 3: Sensorimotor: Create a line on the floor using tape, or a blanket, etc. Have your child jump back and forth across the line all the way for the duration of the line without touching it. Repeat the pattern but now have them add a clap between each jump. Repeat this going backwards.

Fine Motor: Sign Language letters. Have your child sign the alphabet using the following chart for hand positions. This is an excellent way to strengthen hand muscles and work on motor memory skills.

Sign Language Alphabet

Aa	Bb	Cc	Dd	Ee	Ff	Gg
Hh	Ii	Jj	Kk	Ll	Mm	Nn
Oo	Pp	Qq	Rr	Ss	Tt	Uu
Vv	Ww	Xx	Yy	Zz		

Visual Perceptual: Build a small lego or block creation. Have your child replicate this design. Name the design and then sign the name using the above letter chart. Start with a simple design and get progressively harder. Talk your child through rebuilding process using words such as under/over, next to, etc.

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

Phone: 836-5929

Fax: 836-6057

OCCUPATIONAL THERAPY WEEK 2

Kindergarten through Second Grade

Day 1: Sensorimotor: Today we focus on Midline crossing. You will be passing an object between you. This could be a pillow, ball, favorite stuffed animal, etc. Stand back to back. If there are 3 or more playing, stand back to back in a small circle. Begin passing the object to the right, keeping both hands on the item as you rotate your trunk to pass and receive side to side. Switch to your left side and repeat. You can perform this task while singing a song, or talking out directives such as “right, right, right, switch left, left, switch right” to tie in directional concepts.

Fine Motor: Today you will need an old blank envelope or piece of paper. Have your student color the envelope over a textured item or items. This could be coins, paper clips, etc. Then write their name in large box letters across the envelope. Have them trace inside the letters with a pencil.

Visual Motor: Flip the envelope or paper over. Draw 4-6 lines on the envelope and have your child cut along the lines. Flip pieces back over and now have your child assemble their name puzzle. You can repeat this for your last name as well.

Day 2: Sensorimotor: Today is homemade obstacle course. Have your child remove couch cushions or pillows and carry them to an open space. Job one: stack the pillows and see how high you can make them before they fall. Upper body work is great for strengthening but also good for organizing the body’s nervous system. Next take the pillows and spread them across the floor. Now have your child soldier crawl around the pillows, then over the pillows. If they are big enough, lean them against each other and crawl between the pillows. Stress the directional concept of around, between, and over.

Fine Motor: Find unwanted paper (news paper, magazine, wrapping paper, etc). Crumple paper into balls, as small and tight as you can make them. You can then play a variety of games such as waste paper baskets, snow ball fights, etc. If playing paper basket ball, try to play HORSE, standing on specific spots. However, actually have your child write each letter they receive.

Motor Planning Game: Now find 2 empty toilet paper rolls. The child will use these as “handles” with one each hand. Have your child pick up one of the paper balls between the 2 toilet paper rolls and carry it to another container. Next time try this carrying 2 paper balls, then 3. See how many they can make. Have them write down the number for each completed.

Day 3: Sensorimotor: Infinity sign activities. The infinity sign is basically the number 8 on its side. Place 2 rugs or towels on the floor. Have your child “walk” the infinity sign using the towels or rugs like “cones” to go around. Try to have them keep their eyes on a point fixed on the floor about 5 feet away from the center. This will force them to turn their head, cross midline, organize the nervous system as well as info from the eyes. You can vary it by placing items in the pathway and having them bend to pick them up, step over, etc. You can also hold a card and have them yell out the number or color of the card and change it each time they pass through the center point.

Fine Motor: Draw the infinity sign, over and over using rainbow colors. This can be done with your child seated and the paper positioned so its in line with the center of their body, or hung on the refrigerator as they work at eye level. If your child has difficulty maintaining the correct pathway sequence, place numbers with 1 in the center 2 on the top right, 3 on bottom right, 4 on top left and 5 on bottom left.

Visual Perceptual: Try a hidden picture game on your iPad. If this isn't an option, play an old fashion game of I Spy.

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

Phone: 836-5929

Fax: 836-6057

OCCUPATIONAL THERAPY WEEK 3

Kindergarten through Second Grade

Day 1: Sensorimotor: Eye hand coordination day. You will need a flashlight. If you don't have one, use the app on your phone. Have your child sit on a pillow, or lay on their back. Select a spot on the wall like a picture, or a door knob on a door. If you have access to 2 flashlights have them track/trace the path you make with the light. If you only have one, give them directional commands such as draw a big circle with the light. Draw a small circle with light. Go up with the light. Stop go to the right, etc. Encourage the student to keep a straight arm and execute it with their writing hand/

Fine Motor: Playdough day. If you don't have playdough you can make your own. Have your child select a color. First, have them roll the dough into one big ball. Next have them roll the playdough into a snake. Next cut the playdough with scissors into one inch increments. Next using only the fingertips, roll the one inch increments into small balls. These are excellent activities for hand strength/development.

Visual Motor: Play the Dot Game. You will need a piece of paper. Create a grid of dots 6 in a row across and 6 going down. Fill in the grid. Play the game by connecting dots, 2 at a time, forming a straight line (no diagonals), alternating turns. The idea is to form a square. Once the last line is placed, put your initials in the box. Whoever creates the most boxes is the winner.

Day 2: Sensorimotor: More eye hand coordination. You will need a small ball or playground sized ball. You will be tracing a pathway today, preferably on a wall, but the floor will work. You can tape a pathway maze and have your child "roll" the ball along the pathway, similar as if they were driving a car on a road. They can also build a maze out of pillows and roll the ball through this while on all 4's or tall knee walking.

Fine and Visual Motor: Create your own star constellation. Have your child write numbers on stickers. Next place those stickers randomly on a piece of paper. Next, tape that paper to the bottom of a table. Have your child lay on their back under the table and connect the dots in numeric order. Instant constellation.

Day 3: Sensorimotor: Animal walk Red Light Green Light game. Give your child an animal walk to perform. Tell them they will have to use that animal walk to get across the room. But they have to freeze and hold that animal pose when you say Red Light. When you say Green Light they resume. Do this until they hit the predetermined end point. Repeat this with a different animal walk.

Fine Motor: You will need a turkey baster or squeeze bottle. Line up 10 cotton balls. Have your child “blow” each cotton ball across a table into a “goal”. This is great for hand strength.

Visual Perceptual: Complete a jigsaw puzzle while laying on your belly. You can also do a junk drawer sort. Open the junk drawer. Give your child a specific item to find in the drawer and remove. Do this for approximately 5 items. If none of these options are available, have your child get a book. Ask them to count how many letter A’s are on the page. Switch books and switch letters. You can use your child’s book from school as well.

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

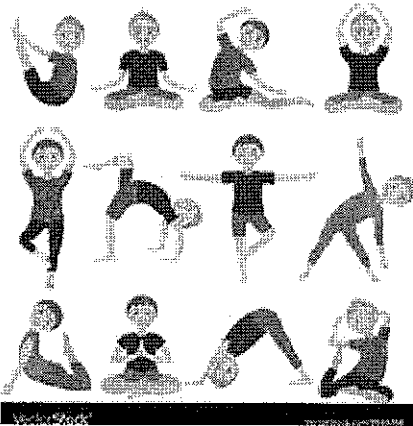
Phone: 836-5929

Fax: 836-6057

OCCUPATIONAL THERAPY WEEK 1

Three and Four

Day 1: : Sensorimotor Yoga Poses. Have the student assume a posture and hold it for 15 seconds. Yoga poses are good to strengthen and develop muscle groups. They promote body awareness. They also encourage a calm, quiet body which is good for the nervous system.



Fine Motor: Penny games. Gather between 10-20 pennies. Have your child pick up a penny using their "pincher fingers". Next work that penny into the palm of their hand using only their fingers. Pick up another penny doing the same thing without dropping the penny. See how many they can trap in their hand.

Visual Motor: Take the pennies you have already gathered. Have your child make a penny pathway across a sheet of paper. Have your child trace the outside of the penny. When a pathway of at least 20 pennies is traced, get a dice and race across the paper using one penny as a marker. Don't have a dice, download a spinner on your iPad.

Day 2: Sensorimotor: Today you will need a deck of cards (Uno, Go Fish, etc) Pick a card, and have the child complete the number on the cards for reps for the following exercises: crab walks forward, backward, bear walks, frog jumps, and soldier crawls across the room. Added difficulty, have your child execute crab walks and soldier crawls with the card on their tummy or back and not allow it to fall.

Fine Motor: Take your deck or cards and have child hold them in their helper hand (non dominant). Have them flip cards over and sort them by number piles. Spread the piles out in a line across their

body so they have to work across and through their midline. If there are too many cards, have them hold a smaller pile and complete the task.

Visual Perceptual: Play the game of cards.

Day 3: Sensorimotor: Create a line on the floor using tape, or a blanket, etc. Have your perform a movement sequence incorporating the line. Examples include jump over the line, then on the line one foot in front of the other, then jump to the other side. Repeat the pattern but now have them add a clap between each jump. Repeat this going backwards.

Fine Motor: Sign Language letters. Have your child sign the alphabet using the following chart for hand positions. This is an excellent way to strengthen hand muscles and work on motor memory skills. Next have them spell their name, first and last.

Sign Language Alphabet

Aa	Bb	Cc	Dd	Ee	Ff	Gg
Hh	Ii	Jj	Kk	Ll	Mm	Nn
Oo	Pp	Qq	Rr	Ss	Tt	Uu
Vv	Ww	Xx	Yy	Zz		

Visual Perceptual: Build a design out of Q-tips. Do not let them see what you build. Reveal your design and have them replicate your design. Again, incorporate directional concepts such as “this is diagonal” and its under, etc.

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

Phone: 836-5929

Fax: 836-6057

OCCUPATIONAL THERAPY WEEK 2

Grades Three and Four

Day 1: Sensorimotor: Today we focus on Midline crossing. You will be passing an object between you. This could be a pillow, ball, favorite stuffed animal, etc. Stand back to back. If there are 3 or more playing, stand back to back in a small circle. Begin passing the object to the right, keeping both hands on the item as you rotate your trunk to pass and receive side to side. Switch to your left side and repeat. You can perform this task while singing a song, or talking out directives such as "right, right, right, switch left, left, switch right" to tie in directional concepts.

Fine Motor: Today you will need an old blank envelope or piece of paper. Have your student color the envelope over a textured item or items. This could be coins, paper clips, etc. Next, have them write their name in large neat letters (first and last). Have them rainbow trace their name.

Visual Motor: Flip the envelope or paper over. Draw 6-8 lines on the envelope and have your child cut along the lines. Flip pieces back over and now have your child assemble their name puzzle. You can repeat this for your last name as well. For a variation on this, have your child cut up the front of a cereal box. Reassemble cuts to form a cereal box puzzle.

Day 2: Sensorimotor: Today is homemade obstacle course. Have your child remove couch cushions or pillows and carry them to an open space. Job one: stack the pillows and see how high you can make them before they fall. Upper body work is great for strengthening but also good for organizing the body's nervous system. Next take the pillows and spread them across the floor. Now have your child army crawl around the pillows, then over the pillows. You can also ask your child to help with chores to help with upper body work. Have them carry their laundry basket for you, move kitchen chairs, run the vacuum, etc.

Fine Motor: Find unwanted paper (news paper, magazine, wrapping paper, etc). Crumple paper into balls, as small and tight as you can make them. You can then play a variety of games such as waste paper baskets, snow ball fights, etc. If playing paper basket ball, try to play HORSE, standing on specific spots. However, actually have your child write each letter they receive.

Motor Planning Game: Now find 2 empty toilet paper rolls. The child will use these as "handles" with one each hand. Have your child pick up one of the paper balls between the 2 toilet paper rolls and carry it to another container. Next time try this carrying 2 paper balls, then 3. See how many they can make. Have them write down the number for each completed.

Day 3: Sensorimotor: Infinity sign activities. The infinity sign is basically the number 8 on its side. Place 2 rugs or towels on the floor. Have your child “walk” the infinity sign using the towels or rugs like “cones” to go around. Try to have them keep their eyes on a point fixed on the floor about 5 feet away from the center. This will force them to turn their head, cross midline, organize the nervous system as well as info from the eyes. You can vary it by placing items in the pathway and having them bend to pick them up, step over, etc. You can also hold a card and have them yell out the number or color of the card and change it each time they pass through the center point.

Fine Motor: Draw the infinity sign, over and over using rainbow colors. This can be done with your child seated and the paper positioned so its in line with the center of their body, or hung on the refrigerator as they work at eye level. If your child has difficulty maintaining the correct pathway sequence, place numbers with 1 in the center 2 on the top right, 3 on bottom right, 4 on top left and 5 on bottom left.

Visual Perceptual: Try a hidden picture game or memory game on your iPad.

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

Phone: 836-5929

Fax: 836-6057

OCCUPATIONAL THERAPY WEEK 3

Grades Three and Four

Day 1: Sensorimotor: Eye hand coordination day. You will need a flashlight. If you don't have one, use the app on your phone. Have your child sit on a pillow, or lay on their back. Select a spot on the wall like a picture, or a door knob on a door. If you have access to 2 flashlights have them track/trace the path you make with the light. If you only have one, give them directional commands such as draw a big circle with the light. Draw a small circle with light. Go up with the light. Stop go to the right, etc. Encourage the student to keep a straight arm and execute it with their writing hand/

Fine Motor: Laundry sort. Today you need to match and fold socks for the house. You can also fold other clothes as well. For a real challenge you can hang or remove the clothespins if that is an option.

Visual Motor: Play the Dot Game. You will need a piece of paper. Create a grid of dots 9 in a row across and 9 going down. Fill in the grid. Play the game by connecting dots, 2 at a time, forming a straight line (no diagonals), alternating turns. The idea is to form a square. Once the last line is placed, put your initials in the box. Whoever creates the most boxes is the winner.

Day 2: Sensorimotor: More eye hand coordination. You will need a small ball or playground sized ball. You will be tracing a pathway today, preferably on a wall, but the floor will work. You can tape a pathway maze and have your child "roll" the ball along the pathway, similar as if they were driving a car on a road.

Fine Motor: Towel walks. Lay a towel (dish towel or larger) on the table stretched out. Walk your fingers out as far as you can, grab/bunch the towel and pull it back to your palm. Repeat this keeping the bunched up part of the towel back by your palm. Repeat this until you have trapped all of the towel under your hand. Repeat with the other hand.

Visual Motor: Play a game of tic tac toe but more in the connect four manner. Use coins such as one person be a penny, one a nickel. Draw 5 "spots" on a piece of paper. Rather than drop your money pieces down slots, stack them up. If money is too hard to see try cereal pieces. Remember 4 in a row here wins (straight lines, diagonals, etc).

Day 3: Sensorimotor: While standing up at a table, build a house of card. You can look up different variations on how to do this on your iPad.

Fine Motor: Play penny hockey using 3 pennies. Flick the pennies with your index finger and thumb. Pennies must be shot through each other working toward your opponents' goal. If you miss shooting between 2 pennies your turn is over. First one to 5 is the winner.

Visual Perceptual: Play a game of Road Blocks on your iPad!! Or a variation of Tetris

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

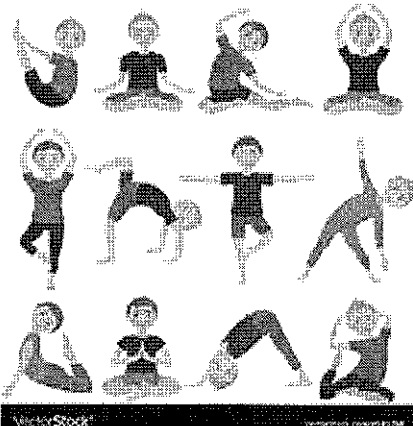
Phone: 836-5929

Fax: 836-6057

OCCUPATIONAL THERAPY WEEK 1

Grades 5-7

Day 1: : **Sensorimotor** Yoga Poses. Have the student assume a posture and hold it for 15 seconds and immediately assume the next pose, transitioning from one to the next. Yoga poses are good to strengthen and develop muscle groups. They promote body awareness. They also encourage a calm, quiet body which is good for the nervous system.



Fine Motor: Penny games. Gather between 10-20 pennies. Have your child pick up a penny using their "pincher fingers". Next work that penny into the palm of their hand using only their fingers. Pick up another penny doing the same thing without dropping the penny. See how many they can trap in their hand.

Visual Motor: Take the pennies. Line them up in small rows starting with 2. Create a pattern using heads or tails. Have your child draw a corresponding grid. Have them fill in H or T. Create a new row consisting of 3 coins. Have them copy the pattern again. See how many coins they can copy into the grid correctly. If you'd like to make this harder, create a large grid rather than building it and have them replicate that.

Day 2: Sensorimotor: Simple boring calisthenics. Jumping jacks, scissor jacks, chair push ups, etc. Sets of 15 would be great!!

Fine Motor: Take your deck of cards and have child hold them in their helper hand (non dominant). Have them flip cards over and sort them by number piles. Spread the piles out in a line across their

body so they have to work across and through their midline. If there are too many cards, have them hold a smaller pile and complete the task.

Visual Perceptual: Play the game of cards.

Day 3: Sensorimotor: Complete cross crawls (touching opposite hand to opposite knee). Do this counting by 5's to 100. Switch and touch opposite hand to foot behind your back. Change it to counting by 10's.

Fine Motor: Sign Language letters. Have your child sign the alphabet using the following chart for hand positions. This is an excellent way to strengthen hand muscles and work on motor memory skills. Next have them spell their name, first and last.

Sign Language Alphabet

Aa	Bb	Cc	Dd	Ee	Ff	Gg
Hh	Ii	Jj	Kk	Ll	Mm	Nn
Oo	Pp	Qq	Rr	Ss	Tt	Uu
Vv	Ww	Xx	Yy	Zz		

Visual Perceptual: Build a design out of Q-tips. Do not let them see what you build. Reveal your design and have them replicate your design. Again, incorporate directional concepts such as “this is diagonal” and its under, etc.

You can also play the game with a dice. Have them roll the dice. They can only move as many q-tips as they number rolled to build the design.

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

Phone: 836-5929

Fax: 836-6057

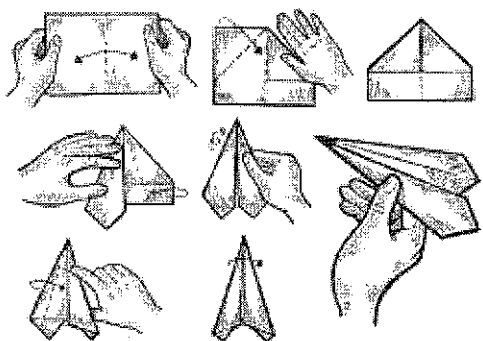
OCCUPATIONAL THERAPY WEEK 2

Grades 5-7

Day 1: Sensorimotor: Today we focus on Midline crossing. You will be passing an object between you. This could be a pillow, ball, favorite stuffed animal, etc. Stand back to back. If there are 3 or more playing, stand back to back in a small circle. Begin passing the object to the right, keeping both hands on the item as you rotate your trunk to pass and receive side to side. Switch to your left side and repeat. You can perform this task while singing a song, or talking out directives such as "right, right, right, switch left, left, switch right" to tie in directional concepts.

Fine and Visual Motor: Today you will be making a paper airplane. This is great for using your hand muscles as well as using both hands together (bilateral hand skills).

1. Fold the **paper** in half horizontally.
2. Unfold the **paper** and fold each of the top corners into the center line.
3. Fold the peak down to meet the edge of the previous fold.
4. Fold the upper sides into the center line.
5. Fold the top edge 1/2" away from you.
6. Fold the **plane** in half towards you.



vectorStock
vector@stock.adobe.com 23027914

Day 2: Sensorimotor: A take off on a classic. Have your child try to bounce a ping pong ball into a cup. If you don't have a ping pong ball, you may have an old tennis ball. Try practicing bouncing a ball off a

wall and catching it. When you can do this 5 times try bouncing the ball and clapping before you catch it. When that's mastered switch it so now it bounces first, then hits the wall, then you catch it.

Fine Motor: Find unwanted paper (news paper, magazine, wrapping paper, etc). Crumple paper into balls, as small and tight as you can make them. You can then play a variety of games such as waste paper baskets, snow ball fights, etc. If playing paper basket ball, try to play HORSE, standing on specific spots. However, actually have your child write each letter they receive.

Motor Planning Game: Now find 2 empty toilet paper rolls. The child will use these as "handles" with one each hand. Have your child pick up one of the paper balls between the 2 toilet paper rolls and carry it to another container. Next time try this carrying 2 paper balls, then 3. See how many they can make. Have them write down the number for each completed.

Day 3: Sensorimotor: Infinity sign activities. The infinity sign is basically the number 8 on its side. Place 2 rugs or towels on the floor. Have your child "walk" the infinity sign using the towels or rugs like "cones" to go around. Try to have them keep their eyes on a point fixed on the floor about 5 feet away from the center. This will force them to turn their head, cross midline, organize the nervous system as well as info from the eyes. You can vary it by placing items in the pathway and having them bend to pick them up, step over, etc. You can also hold a card and have them yell out the number or color of the card and change it each time they pass through the center point.

Fine Motor: Draw the infinity sign, over and over using rainbow colors. This can be done with your child seated and the paper positioned so its in line with the center of their body, or hung on the refrigerator as they work at eye level. If your child has difficulty maintaining the correct pathway sequence, place numbers with 1 in the center 2 on the top right, 3 on bottom right, 4 on top left and 5 on bottom left.

Visual Perceptual: Try a hidden picture game or memory game on your iPad. There are also more complex dot to dot pictures on the iPad. This is a wonderful activity that incorporates a lot of skills.

OTAS

2495 Main Street Suite #234

Buffalo, NY 14214

Phone: 836-5929

Fax: 836-6057

OCCUPATIONAL THERAPY WEEK 3

Grades 5-7

Day 1: Sensorimotor: Eye hand coordination day. You will need a flashlight. If you don't have one, use the app on your phone. Have your child sit on a pillow, or lay on their back. Select a spot on the wall like a picture, or a door knob on a door. If you have access to 2 flashlights have them track/trace the path you make with the light. If you only have one, give them directional commands such as draw a big circle with the light. Draw a small circle with light. Go up with the light. Stop go to the right, etc. Encourage the student to keep a straight arm and execute it with their writing hand/

Fine Motor: Laundry sort. Today you need to match and fold socks for the house. You can also fold other clothes as well. For a real challenge you can hang or remove the clothespins if that is an option.

Visual Motor: Play the Dot Game. You will need a piece of paper. Create a grid of dots 9 in a row across and 9 going down. Fill in the grid. Play the game by connecting dots, 2 at a time, forming a straight line (no diagonals), alternating turns. The idea is to form a square. Once the last line is placed, put your initials in the box. Whoever creates the most boxes is the winner.

Day 2: Sensorimotor: Wall walks. Stand next to a door. Facing the door walk your fingers up the door as high as you can go, then walk them back down. Repeat with other hand. Now position your body at 90 degrees to the door. Do the same thing with your arm outstretched at your side walking up the door. Switch to the other side and repeat on other arm.

Fine Motor: Towel walks. Lay a towel (dish towel or larger) on the table stretched out. Walk your fingers out as far as you can, grab/bunch the towel and pull it back to your palm. Repeat this keeping the bunched up part of the towel back by your palm. Repeat this until you have trapped all of the towel under your hand. Repeat with the other hand.

Visual Motor: Play a game of tic tac toe but more in the connect four manner. Use coins such as one person be a penny, one a nickel. Draw 5 "spots" on a piece of paper. Rather than drop your money pieces down slots, stack them up. If money is too hard to see try cereal pieces. Remember 4 in a row here wins (straight lines, diagonals, etc).

Day 3: Sensorimotor: While standing up at a table, build a house of card. You can look up different variations on how to do this on your iPad.

Fine Motor: Play penny hockey using 3 pennies. Flick the pennies with your index finger and thumb. Pennies must be shot through each other working toward your opponents' goal. If you miss shooting between 2 pennies your turn is over. First one to 5 is the winner.

Visual Perceptual: Play a game of Road Blocks on your iPad!! Or a variation of Tetris

OT/PT Activities Calendar

Grades K-4

Monday	Tuesday	Wednesday	Thursday	Friday
Simon Says incorporating exercises (Jumping jacks, push-ups) and body identification (touch your head, elbows).	Color a picture that has been taped to the wall or refrigerator	Use shave cream, sand, salt, or fingerpaint to practice writing letters or words	Yoga Activity https://www.youtube.com/watch?v=tbCjkPIsaes	Start a weekly journal – what did you do this week to fill your day?
Lay on stomach, propped on elbows, to read a book or play a board game.	“Floor is Lava” using pillows, towels, paper. Try to jump to each without falling into the “lava”.	Complete a jigsaw puzzle 25-100 pieces	Weather permitting – go outside play hopscotch, jump rope, toss a ball etc....	Add to your weekly journal
Be a super hero- perform different super hero poses such as superman and bridges. Balance a stuffed animal on your back for 20 seconds.	Play a visual perceptual game online at https://www.learninggamesforkids.com/hand-eye-games.html	Dance Activity https://www.youtube.com/watch?v=izMjDIHQBH0	Play with Legos or blocks – try to copy a structure or design that has been built by an adult or sibling	Add to your weekly journal – this time, write while laying on the floor, propped on your elbows.
Hold as many pennies as you can in your palm, then practice translating them one at a time to fingertips to drop into a container.	Help with chores to help with upper body work. Have them carry their laundry basket for you, move kitchen chairs, run the vacuum, etc.	Find a partner and have animal walk races! Bear walk, crab walk, inchworm, seal, etc.	Have an indoor or outdoor scavenger hunt. Hunt for pennies, Cheerios, things that are blue, etc.....	Add to your weekly journal
Yoga Activity https://www.youtube.com/watch?v=j_3weVPH0-U	Create an art project requiring tearing or crumpling bits of paper.	Play board games or card games - anything you have at home.	Play Red Light, Green Light include marching, running, walking on tiptoes, walking on heels, etc...	Homemade obstacle course. Have your child remove couch cushions or pillows and carry them to an open space. Spread them across the floor. Now have your child army crawl around the pillows, then over the pillows.

OT/PT Activities Calendar

Grades 5-8

Monday	Tuesday	Wednesday	Thursday	Friday
Weather permitting- go outside play hopscotch, toss a ball, jump rope etc...	Plastic cup activities- Stack plastic cups, play bowling, toss ball in cup.	Help with chores to help with upper body work. Have them carry their laundry basket for you, move kitchen chairs, run the vacuum, etc.	Yoga Activity https://www.youtube.com/watch?v=i_3weVPH0-U	Start a weekly journal – what did you do this week to fill your day?
Lay on stomach, propped on elbows, to read a book or play a board game.	Calisthenics. Jumping jacks, scissor jacks, chair push-ups, sit-ups, planks, donkey kicks, crab kicks etc. Sets of 15 reps	Complete a jigsaw puzzle (75 or more pieces)	Balancing- balancing on one foot for 10,20,30 seconds. Then try balancing on a pillow and do the same thing.	Add to your weekly journal
Calisthenics. Mountain climbers, inch worms, scissor jacks, squats, sit-ups, planks, lunges, crab kicks etc. Sets of 15 would be great!!	Play a visual perceptual game online at https://www.learninggamesforkids.com/hand-eye-games.html	Complete cross crawls (touching opposite hand to opposite knee). Do this counting by 5's to 100. Switch and touch opposite hand to foot behind your back.	Play with Legos or blocks – try to copy a structure or design that has been built by an adult or sibling	Exercises your brain with this writing activity – write a sentence (or journal entry) but capitalize all the vowels!
Yoga Activity https://www.youtube.com/watch?v=02E1468SdHg	Play board games or card games anything you have at home. Teach family members "Garbage" or "Kings in the Corner".	Sort a deck of cards by suit, then sequence each suit from Ace to King	Play balloon volleyball	Add to your weekly journal
Weather permitting- go outside play hopscotch, toss a ball, jump rope etc...	Hold as many pennies as you can in your palm, then practice translating them one at a time to fingertips to drop into a container.	Dance Activity https://www.youtube.com/watch?v=g7P11fs3uw	Help with chores to help with upper body work. Have them carry their laundry basket for you, move kitchen chairs, run the vacuum, etc.	Look up some knock-knock jokes. Write them down and tell them to your family and friends