

Home OT Activities:

By Jessica Peel and Kate Usher

Please feel free to adapt any of these activities to better support your student. Try to let them do as much of it as they can on their own, but supports can be provided through cueing, physical and/or hand over hand assistance.

Gross Motor

Fine Motor

Executive Functioning

Visual Motor

Sensory

Gross Motor	Fine Motor	Executive Functioning	Visual Motor	Sensory
<p>Session #1</p> <ul style="list-style-type: none"> • Crab walk from your bedroom to your kitchen • Q-Tip Painting • Help clean a room (throw away trash, tidy up objects out of place, etc) • Pencil Mazes • Make slime 	<p>Session #2</p> <ul style="list-style-type: none"> • Crawl over to bed and back • Germ Bowl-Fill bowl with water and pepper- stick finger in and notice how pepper sticks to finger. Now cover finger in soap and stick finger in. How does it change? • Make your bed • Practice drawing big figure 8's in the air, vertically and sideways • Finger painting 	<p>Session #3</p> <ul style="list-style-type: none"> • Jumping jacks 3x10 • Hole punch craft- punch holes from different colored papers and glue together to make a picture • Review important items to take before leaving the house (keys, wallet, ID, etc) • Play Flashlight tag • Practice washing/disinfecting some toys from around the house 	<p>Session #4</p> <ul style="list-style-type: none"> • Go for a bicycle ride • Clothespin games • Review calendar and any upcoming events that you may have. (what day are we going to Shoprite, etc) • Connect the dots worksheet • Make a sensory bin (use water, rice, beans, beads, small toys, etc) 	

Session #5

- Play catch while kneeling on both knees
- Shaving cream food coloring activity- put some shaving cream on the table and use food coloring to add a few dots. Mix together with hands. Clean up after.
- Set up table before a meal
- Design copy- draw a letter, picture, or shape and work on student copying it
- Spin in circles in both directions

Session #6

- Cross crawl- while on hands and knees, move alternate arms and legs to crawl across the room and back
- String beads
- Help with cooking- either prepping materials, gathering items, cleaning, etc
- Complete a puzzle- either a real puzzle or a virtual game puzzle
- Make a volcano- use a cup and place a spoonful of baking soda in it. Add a spoonful of vinegar and watch eruption (food coloring may also be used)

Session #7

- Figure 8 walks. Do a few laps walking in a figure 8.
- Crumpling tissues or tissue paper. Can be turned into a game by shooting paper into a trash can like basketball
- Use items from around the house to make an obstacle course (try to include obstacles that would make students do various movements like jumping, crawling, balancing, etc)
- Sorting- gather multiples of a variety of objects. Sort by shape, color, and item.
- Pillow crash mat- gather a bunch of pillows together and jump into them like a crash mat (be aware of safety in environment)

Session #8

- Balancing- find an item that would be safe for student to practice balancing on. See how long student can maintain balance
- Stack Cheerios (or other circular cereal) on toothpick
- Play a board game with family member or other resident
- Find a thin container (small cup, straw, empty soda can, etc) and insert toothpicks into opening
- Wall push ups

<p>Session #9</p> <ul style="list-style-type: none"> • Inchworm from your room to your bathroom • Place coins into coin slot/piggy bank • Pick one schoolwork activity and practice using a timer. Work for 5+ minutes and then earn short break to help work on tabletop tolerance and engagement. • Balloon volleyball- blow up balloon provided and hit it back and forth over a table. • Drink cold water from a straw 	<p>Session #10</p> <ul style="list-style-type: none"> • Play “the floor is lava”- set up pillows or other various items around the room and try to move around without stepping on the floor • Hide beads in putty or play doh. Have student locate all of the beads. • Make a “to do” list for today's activities • Stack Rocks- gather some rocks from outside and see how high you can stack them before they topple over. • Yard work- help with some gardening, raking leaves, pushing a wheelbarrow, etc. 	<p>Session #11</p> <ul style="list-style-type: none"> • Keep it up!- use the balloon to see how many times you can hit the balloon to keep it in the air • Stickers- either use a sticker book to place stickers in correct locations, use other stickers to add to other artwork, or create something entirely new out of only stickers. Students should try peeling stickers off backing themselves. • Nighttime Routine- What are 3 things we do before bed? Either answer verbally/on iPad or draw a picture of each activity. • Coloring- color a picture, focusing on staying inside the lines • Sandwich Game- smoosh student between 2 pillows or couch cushions for pressure input 	<p>Session #12</p> <ul style="list-style-type: none"> • Freeze Dance video • Threading board- have student practice threading string through holes on board. Can place string in the same • Silverware sorting- practice sorting silverware into correct place in drawer • Color by number- use crayons, markers, or colored pencils to color the picture according to the directions • Burrito blanket- roll student up tight in a blanket like a burrito for deep pressure input
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<p>Session #13</p> <ul style="list-style-type: none"> • Read a book together while laying on your tummy. Student should try to help turn the pages if possible. • Tongs/tweezers- pick up small objects using tongs or tweezers and place them into a container • Play an online video game, set a timer for a few minutes and practice transitioning to and away from game • Play I spy- either find a virtual game or play in the house • Have a pillow fight/make a pillow fort 	<p>Session #14</p> <ul style="list-style-type: none"> • Dribble a ball or basketball- start with one hand and try to progress to alternating hands • Play with LEGOS • Work together on creating a schedule/routine. Create times for work and times for leisure • Gather small sticks from outside and try to use the sticks to make various shapes • Chew gum (if applicable for student) 	<p>Session #15</p> <ul style="list-style-type: none"> • Animal walks video • Practice opening containers- gather a variety of containers (sandwich bags, Tupperware, twist top bottles, etc) and practice opening and closing various containers • Laundry- work on either sorting into lights and darks, matching socks, folding laundry, or sequencing through running the washer/dryer • Word search • Go for a walk around the block 	<p>Thank you for all of your time and flexibility in ensuring our students are still growing and learning! Stay safe and we can't wait to see you again! - The OT's</p>
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