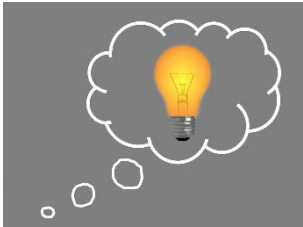











OCCUPATIONAL THERAPY

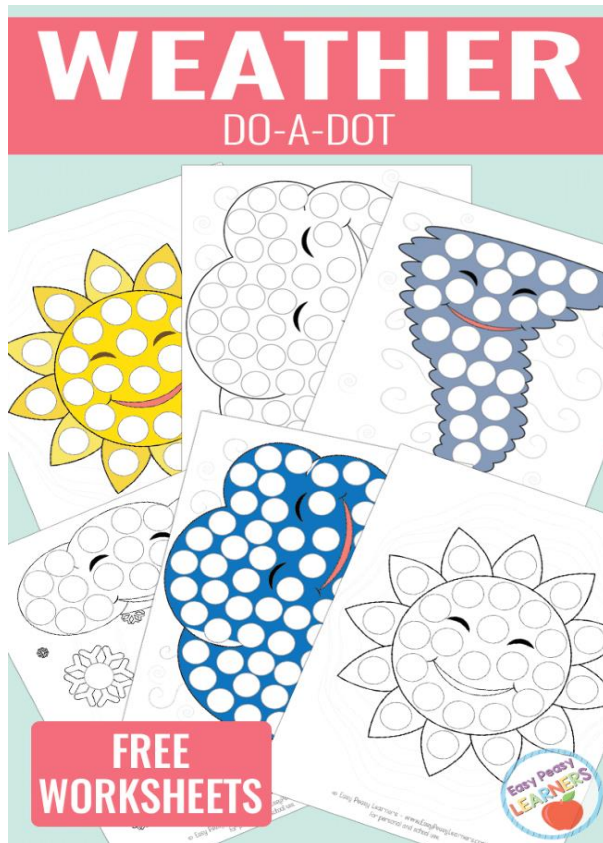
Week 7: May 18 – May 22, 2020

Below are some suggested fine motor, sensory, and/or self-regulation activities that you may incorporate in your home learning. Please read through the three options and choose the activities that you think are helpful for your child. Some activities are to guide adults, some are for adults and students to do together, and some are for students to do independently.

Activity	Not A Box
Materials	<div></div> <p>Needed: Box, Imagination</p> <div></div> <p>Optional: tape, scissors, markers or crayons, glue</p>
Skills Targeted	Visual Motor, Motor Planning, Body Awareness
Instructions:	<ol style="list-style-type: none">1. Watch Teacher Nikki read Not A Box by Antoinette Portis2. Save a box, piece of paper, paper bag3. Imagine... What can you create, who can your box become? Can you become a firefighter, an astronaut, a robot, a racecar driver? What else can you think of?4. Share a picture of your creation! <p>Need an idea?</p> <p>Teacher Nikki's Not A Box Skateboard: Materials: Egg carton lid, scratch paper, scissors, marker, tape</p> <ol style="list-style-type: none">1. Cut 4 circles from scratch paper.

	
2.	<p>Color wheels.</p> 
3.	<p>Tape wheels to egg carton.</p> 
4.	<p>Imagine... Where will you go?</p> 
Modifications:	<ul style="list-style-type: none"> • Use crayons or markers and decorate a box. • Use box, don't decorate, think of as many different things your box can be. • Work together to come up with ideas. • Sit in box, stand inside box, hide under box. How does using the box in different ways feel? What do you notice? • Want more? Add extra detail to your box! Use scissors to cut out shapes and decorations.

Activity	WEATHER DO-A-DOT
Materials	<p>For the free 'do-a-dot pintables' click on the following link: https://easypeasylearners.com/free-weather-do-a-dot-printables/</p> <p>Use dot stickers or ink dabbers</p>
Skills Targeted	Pincer grasp, eye-hand coordination, color recognition, counting skills, talk about the weather/seasons.
Instructions:	<ol style="list-style-type: none"> 1. Peel a sticker off a sheet of stickers (one at a time). 2. Have your child try to place the sticker over the circles on the picture.



Modifications:

- No stickers or daubers? Use paint and brushes or q-tips to paint inside each circle (put paper or newspaper underneath the print-out).
- Color inside the circles using small crayons.

Activity	Look & Find
Materials	Worksheet and colored pencil
Skills Targeted	Visual scanning, visual perception skills, pencil grasp

Instructions:

Find the pictures and color them in. Try to stay inside the lines! Check off each picture as you find it.



Download Document Below:

https://drive.google.com/open?id=1HGfbRISN2Mwr8CD_I3spwqEu8TlpRiyY

Modifications:

- No printer? No problem! Have your child point to each of the pictures as they find them.
- To work on neck, shoulder, and back muscle strengthening, have your child complete this activity lying on their tummy (just place the paper under a hard surface).
- Coloring these small pictures is tricky! Encourage your child to use small strokes. Or they can mark each item instead (e.g. circle them, put a line through them).