


OCCUPATIONAL THERAPY

Week 8: May 26 – May 29, 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	Drawing on a Vertical surface (refrigerator door or another surface)
Materials	Paper, crayons, markers or pencils, tape
Skills Targeted	Strengthening shoulder and hand muscles, prewriting skills, grasp
Instructions:	<ol style="list-style-type: none">1. Tape paper to the refrigerator door or some other vertical surface such as a fence, door or wall.2. Have your child draw, paint or color! 



Accommodations:

- Hang the paper higher or lower to increase (higher) or decrease (lower) the challenge
- Your child can sit, stand or kneel.

Activity	Mat Man Snack
Materials	Round cracker, Square cracker, Pretzel sticks, Loop cereal or raisins
Skills Targeted	Spatial and body awareness, pre-drawing activity
Instructions:	<ol style="list-style-type: none"> 1. Gather ingredients 2. Place the circle cracker, then loop cereal or raisins for eyes, nose, mouth and ears to make the head 3. Place the square cracker under the head then add pretzel sticks for arms and legs 4. Add loop cereal or raising for hands and break a pretzel for feet. 5. Eat and enjoy!

Mat Man Snack Activity



Ingredients:

Round Cracker

Rectangular cracker, Pretzel sticks

Loop cereal or Raisins

Accommodations:

- Demonstrate each step for your child. First you place the cracker, then they place the cracker and so on.
- Just do a head and face to shorten the activity.
- Use other types of food to build such as carrot sticks, lettuce or other cut up veggies.

Activity	Toothpick punch
Materials	Toothpick, marker, scissors, construction paper
Skills Targeted	Grasp, hand strength, eye-hand coordination

Instructions:

1. Cut construction paper into squares about 6" x 6".
2. Using a thick marker or crayon, draw a simple shape, number, or capital letter on the paper.
3. Place the square with the drawing on top of a couple of other pieces of paper or a piece of cardboard.
4. While your child is seated or lying down on a carpet, have them use the toothpick to punch holes all along the lines.
5. When they are done, they can hold their creation up to the light and see the light shining through the holes.



Accommodations:

- Make simple (e.g. a vertical line) or more complex (e.g. a star) designs based on your child's attention and endurance.
- Have your child participate in cutting out the squares and/or drawing the designs.
- Ask your child to lie on their tummy for this activity to strengthen muscles in their necks and shoulders.