



# OCCUPATIONAL THERAPY

Week 9: June 1 – June 5, 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	<b>Nature Match – Draw Lines!</b>
Materials	<p>Crayon or Marker Paper Nature Items (flowers, rocks, grass, sticks, etc.)</p> <p><b>Watch Teacher Nikki do a video demonstration of this activity here! <a href="#">Nature Match: Draw a Line</a></b></p>
Skills Targeted	Visual Perceptual, Visual Motor, Fine Motor Control, Sensory (textures)
Instructions:	<ul style="list-style-type: none"><li>• Take a walk outside and find some different pairs of nature items - parent permission required to pick flowers.</li><li>• Nature item examples: flowers, rocks, grass, leaves, seed pods, sticks.</li><li>• Parent or child: arrange pairs on paper</li><li>• Match nature items by drawing a line.</li></ul>
	<p>1. Take a walk outside and find nature materials – make sure to find at least 3 pairs (e.g. two leaves, two flowers, two rocks, etc)</p>  <p>2. Arrange items into two columns on a piece of paper (see picture below).</p> 

3. Draw a line from one item on the left side to its match on the right side!



Modifications:

- Help your child pick nature items.
- Prepare paper with pairs.
- Use finger to match first.
- Tape or glue items to paper so they do not move.
- Use string to match.
- Start with one or two pairs.
- Practice matching together, then give your child a chance to practice on their own.
- If your child is not yet matching, you can match with them, talk about matches.
- Talk about how the different materials feel.
- Start with one color to match.
- Practice sorting together, then give your child a chance to practice on their own.
- If your child is not yet sorting by color, you can sort with them, talk about colors and how the different materials feel.

**Watch Teacher Nikki do a video demonstration of this activity here!** [Nature Match: Draw a Line](#)

Activity	<b>Click (or Tap) and Move Yoga</b>
Materials	Electronic device with internet to access link (pdf posted below); comfortable clothing; an open space at least 5' x 5' feet
Skills Targeted	Motor planning, motor imitation, body awareness, upper and lower body strengthening, self-regulation.
Instructions:	<ol style="list-style-type: none"> <li>1. Review the yoga poses described and illustrated <a href="#">here</a>.</li> <li>2. Click on one of the six pictures.</li> <li>3. Read the directions and then hold the pose for at least 10 seconds (one deep breath in and out).</li> <li>4. Once completed, click on the "pose done" button in the upper right corner.</li> <li>5. Repeat this process until you've completed all six movements!</li> </ol>



# CLICK & MOVE! YOGA

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FROG  
pose



BREATHING  
pose



HALF MOON  
pose



CAT  
pose



TABLE TOP  
pose



DOWNWARD  
DOG  
pose

## Modifications:

- Hold the poses for longer (e.g. 20-30 seconds) if it feels comfortable.
- If one pose does not feel right for your body, pick a different one that you like and do it two times.

## Activity

### Large Bead Necklace

## Materials

Toilet paper and paper towel tubes, pipe cleaners, paint or colored paper.  
See suggestions for substitute materials below.

## Skills Targeted

Using two hands together, fine motor precision

## Instructions:



1. Cut paper towel or toilet paper tubes into 2" sections.

	<ol style="list-style-type: none"> <li>2. Have your child paint or decorate the rolls. You can also cover them in colored paper.</li> <li>3. Twist together four pipe cleaners and wrap one piece of tube on the end (so the others will not slip off as your child puts them on).</li> <li>4. Your child can now string the beads onto the pipe cleaner.</li> <li>5. After they have put on the last bead, twist the ends together to make a giant necklace!</li> </ol>
Accommodations:	<ul style="list-style-type: none"> <li>• Adjust the width of the beads to vary the challenge level- smaller beads will be more difficult to string; larger beads will be easier to string.</li> <li>• Use whatever you have around the house to work on lacing! You can string items onto a shoelace, jump rope, or pick other items to string (rings from milk cartons or juice containers, beads, etc). Make your own unique creation!</li> </ul>