
OCCUPATIONAL THERAPY

Week 5: May 4 – May 8, 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 for adults and students to do together, some for students to do independently.

Activity	Mail A Hug
Materials	Materials: butcher paper or five sheets of white paper (8.5" x 11") taped together, markers or crayons, an envelope & stamp if sending to a friend, your body.
Skills Targeted	Motor control, grasp, drawing a face
Instructions:	<ol style="list-style-type: none">1. Place the paper on a hard surface: a hard, smooth floor is best.2. Have your child lie their head and arms on the paper as shown below.3. A sibling or parent should trace the child's arms and head.4. Have your child sit up and participate in coloring and/or cutting out their outline. Make sure to have them draw in the details of their face and hair.5. Fold it up, put it in an envelope, address it and put it in the mail with permission & help from parents, or give it to someone at home!



MAIL A HUG

An easy way for kids to brighten the day of a friend or loved one that they don't see often!



Modifications:

- Make the cutting line very wide with a marker to make it easier for your child to cut. You can also cut away the excess paper first to make the cutting less challenging.
- Have your child write a note and/or their name on the back.

Activity	Rainbow Racetrack
Materials	Crayons, paper, piece of tape, wall space
Skills Targeted	Crossing midline, bilateral coordination, sequencing, functional grasp patterns
Instructions:	<ol style="list-style-type: none"> 1. Draw a "lazy-8" on a piece of paper (see picture below). 2. Tape it on the wall at eye-level for your child.



3. Pick 5 crayons
4. Start in the middle and follow the racetrack! (see video linked below in step 6)
5. Don't move your feet while you are drawing!
6. Do 5 "laps" with each crayon

[Rainbow Racetrack - How to](#)

Modifications:

- This activity can also be done when sitting or lying on your belly.
- For students who are working on using their pincher fingers when holding a crayon, break the crayons into shorter chunks.
- For students who love to move around, use something on the ground to indicate where they should stand.

Activity	Play Dough Prints
Materials	Store-bought play dough (or make home-made playdough using the recipe at the bottom).
Skills Targeted	Visual-perceptual skills, hand strengthening, eye-hand coordination, object recognition
Instructions:	Use household objects to make fun prints in playdough. 1) Roll out playdough using hands or a rolling pin. 2) Choose an object and make a print – work on pressure using one hand or two.



Play Dough Prints



Modifications:

- Play in pairs. Hide objects from each other. Whoever's turn it is gets to choose an object and make a print. Then their partner tries to guess which object made the print!
- Make your own play dough using the following recipe:
 1. In a medium bowl, add 2 cups flour, 1 cup salt, 4 tablespoons cream of tartar and then mix well.
 2. In a large pot add 2 cups of water, 2 tablespoons of oil, and several drops of food coloring (optional).
 3. Heat until it starts to bubble. Take it off the heat and stir in the dry ingredients. Allow mixture to cool a before putting on wax paper. Knead well. Place it in a gallon Ziploc bag and let most of the air out, but don't seal it all the way. It needs to cool off. Zip up when done cooling!