

Dear Families,

Attached you will find ideas of activities. This was done in preparation for potential school closings. These activities involve skills that Occupational Therapy addresses in school and involve skills such as fine motor, visual processing, visual motor, executive function, sensory processing, motor planning, and more. Structure and routine helps us all, especially during times of uncertainty and change. I would advise keeping a daily routine and setting aside time for one or more of these activities at least once a week. OT sessions are generally 20-30 minutes, one to two times per week, depending on each individual student's needs. I will be available via email at csmith@ccesc.k12.oh.us.

Nothing can substitute playing with siblings and parents! Please take this as an opportunity to play board games, create obstacle courses, do a craft, play with play dough. Moreover, spend time together preparing meals, baking goodies, sorting laundry, and helping with household chores provides a functional, fun, basis for learning and bonding.

Here are some additional websites you may find useful.

www.abmouse.com - pre-k to 3rd grade

www.gonoodle.com - Great for crossing midline, motor planning, strengthening and endurance.

Some favorites - Melting Down, Banana Banana Meatball, Pop See Ko, Milkshake, Dinosaur Stomp, all of the Brainercise or Mr. Caiman videos

www.interest.com - Can give some great home ideas that are individualized to your family's environment and supplies. Simply search "fine motor activities," "sensory fun," or specific age or grade activities (e.g. 2nd grade fine motor). You can even search for SchoolOT! :-)

www.youtube.com - endless videos for yoga, how-tos, simple recipes, auditory games, songs and movement, and more!



www.handwritingheroes.com - There are videos to teach kids how to make letters

As always, parent supervision and parental controls are recommended during any internet use to encourage functional access to educational materials only.

Sincerely,

Cheryl M. Smith, CO/ATL


OT Home Activities


 Writing, drawing, and painting on a vertical surface will increase ( shoulder stability and develops good wrist position for developing a mature pencil grip. shoulder stabil-

 Press play dough on a vertical surface and let the child hide treasures in it (coin, beads, etc.)

 Use a variety of utensils while playing with play dough to improve utensil skills—pizza cutters, plastic knives, cookie cutters.

 Play balloons volleyball, trying to keep the balloon from hitting the ground.

 Let your kids water the plants outside with a plant sprayer pulling the trigger with the index and middle fingers only.

 Let your child help you cook! Cooking activities that require them to pour and stir provide great upper body strengthening.



OT WEEKLY VIRTUAL THERAPY CALENDAR

Elementary Grades

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROSS MOTOR	-Wheelbarrow walk -Sing the alphabet while jumping rope	-Crabwalk -Sing the alphabet while doing jumping jacks	-Bear walk -Sing the alphabet while playing catch	-Wall pushups -Make a hopscotch board outside with chalk. Play! Then erase with a spray bottle of water.	-Go to playground-run, swing, climb rock wall, hand g from bars, etc.
FINE MOTOR	-Write alphabet in upper case letters 2 times in your best handwriting -Free printable: Dot to Dot Numbers -Download the Writing Wizard app and practice letter formation	-Write the alphabet in lower case letters two times in your best handwriting -Free printable: Dot to Dot Letters --Download the Doodle Buddy app and practice drawing	-Write the numbers 1-10 two times in your best handwriting -Free printable: Mazes of varying difficulty	-Write letters, shapes, numbers in shaving cream -Download the Dexteria app and play practice forming upper and lower case letters and numbers	-Play tic, tac, toe or hangman, forming the letters in your best handwriting -Download the Letter Reflex app and practice the letter reversal games