

# Occupational and Physical Therapy Home Activities

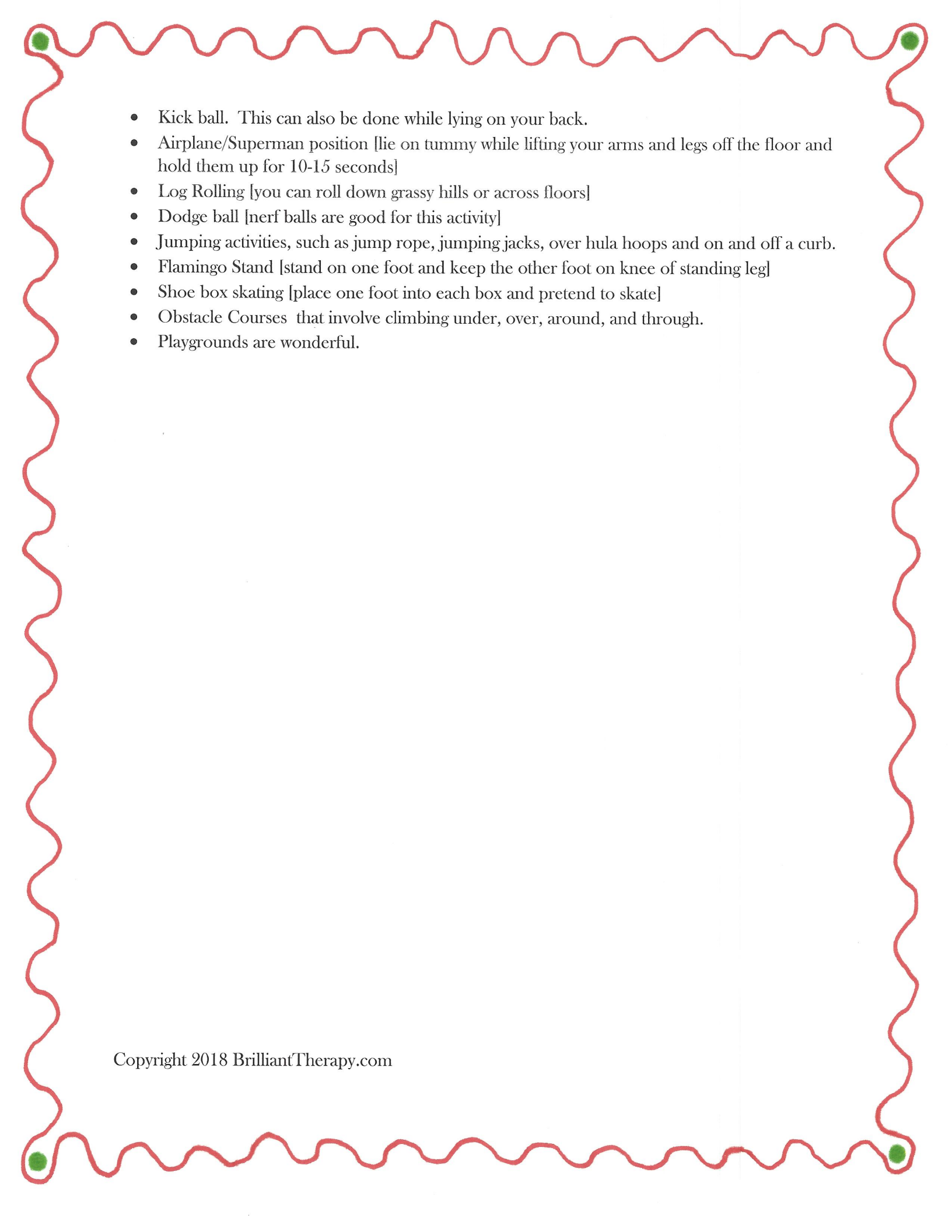
The following suggestions are to help improve strength, coordination, balance, motor planning, and sensory motor skills.

## Fine Motor

- Play with putty or clay. [squeeze, pinch, push, and roll it]
- Play with squeeze toys. [squirt bottles, sponges, and tug-a-war]
- Use tongs or tweezers to pick up cotton balls, cheerios, popcorn, or rice]
- Play games with small manipulatives.[Lite Brite, Legos, Bedbugs, Ants in Pants, Mr. Potato Head, Cards]
- Practice cutting. [construction paper, putty, straws, foamy paper, index cards, magazines]
- Practice twisting items. [wet towel, jar lids-you can keep a favorite toy/snack in them]
- Manipulatives: String beads, lace cards, pennies into tight slots, and peg boards, thread needle, snap blocks.
- Tear paper- Use fingers (index and thumb) then crumple paper into balls and toss to target. You may also tear masking tape and tape it around your crunched up paper ball.
- Use vertical spaces. [slant board or easel for coloring , painting, or writing. Child can even lay inside a box and doodle on it's walls.]
- Dressing activities with buttons, snaps, and zippers.
- Snack time tasks with spoons, forks, peelers, cherry pitters and washing grapes.
- Sidewalk chalk is wonderful to make mazes, trace body, draw a person, and write letters.
- Drawing activities. [dot to dot, puzzles, mazes, picture finds, and doodling]
- Tactile activities such as shaving cream on table, glue, finger paint, barefoot painting, and vibrating pens.
- Proprioceptive activities such as dragging chairs across floor, sit in bean bags, carry heavy objects, and wheelbarrow walking on hands.
- Copy block designs or simple patterns.
- Coloring books, copy shapes, and practice writing letters forming them in the correct direction.
- Visual tracking activities such as flash light tag, balloon toss, blowing/ popping bubbles, and catching balls with streamers attached.
- Activities such as bowling, swimming, karate, yoga, biking, non-competitive gymnastics, and playground equipment.

## Gross Motor

- Wheelbarrow walks [start by supporting knees and progress by moving support down toward ankles]
- Animal walks [bear, crab, leap frog]
- Balance walks across a line or beam of wood.[forward, backward, hops]
- Monkey Bars
- Roll ball back and forth while lying on tummy, tall kneeling, and half kneeling.

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- Kick ball. This can also be done while lying on your back.
  - Airplane/Superman position [lie on tummy while lifting your arms and legs off the floor and hold them up for 10-15 seconds]
  - Log Rolling [you can roll down grassy hills or across floors]
  - Dodge ball [nerf balls are good for this activity]
  - Jumping activities, such as jump rope, jumping jacks, over hula hoops and on and off a curb.
  - Flamingo Stand [stand on one foot and keep the other foot on knee of standing leg]
  - Shoe box skating [place one foot into each box and pretend to skate]
  - Obstacle Courses that involve climbing under, over, around, and through.
  - Playgrounds are wonderful.