

# Speech, Occupational, and Physical Therapy Home Activities

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

- 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.

### Speech

- Games for turn-taking, following directions, visual attention, etc.
- Telling the sequence of events such as; 'How do we make our favorite sandwich?', or 'How do we get ready for bed?'.
- Use a variety of different size straws for different textures (juice or vanilla shake).
- Play iSpy. Listen or tell about the description of the item found.
- Summarize a story or answer questions about it.
- Tell ho 2 objects are the same or different.
- Provide a category and have the child name 3 things that fit that category (you can also make a poster of categories from pictures cut out of magazines).
- List 3 objects and let the child place them into a category.
- Record child talking and then play it back for them to listen to.
- Clap out the number of syllables in words.
- Clap out rhythms and have child imitate them with correct timing.
- Call out letters or words you see while driving.
- Silly walk activity-using commands with: over, under, around, between, on top of, etc.
- Sort silverware or clothing.
- Count items when placing them in a shopping cart.
- Reading and listening to music.
- Plan out loud together (such as, "today we need to...").
- Make a puppet show or play.
- Sing out loud with the radio music.