

Therapeutic Home Activities

Fine/Visual Motor

Activity	Description
<i>Playing with Therapy Putty</i>	Stretching, pulling, twisting the putty is a great way to maintain hand strength and endurance. When purchasing, be aware that different colors signify different amounts of resistance. Consult with your therapist for recommendations.
<i>Arts and Crafts Activities</i>	Art is a wonderful way to challenge the brain and fine motor skills of the hands. Finger painting, cutting, pasting, coloring, and stringing are tasks that require fine motor and visual motor skills.
<i>DIY Spa Day for your Hands</i>	Taking care of our hands involves many hand skills! Try rubbing hand lotion on without missing a spot, painting/trimming nails, and wrapping your hands in a warm moist towel for a relaxing spa moment.
<i>Table Games</i>	Games(board games, card games, computer games etc.) can challenge reflexes, fine motor skills, visual scanning, memory, and so much more.
<i>Activities of Daily Living</i>	Gardening, cooking, sorting/organizing, and cleaning are all great ways to ensure you get to practice many fine motor and visual motor skills!
<i>Scrapbooking</i>	A sitting or standing activity that incorporates many fine motor and visual motor skills.
<i>Building Activities</i>	Legos, lincoln logs, blocks etc. These activities require fine motor and visual motor skills.

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Gross Motor

Activity	Description
<i>Dancing</i>	Pick your favorite song or youtube video and dance! Dancing encourages gross motor movement and coordination.
<i>DIY Spa Day for your Feet</i>	Taking care of our feet can feel special and also involves some gross motor movement (reaching down, crossing midline, balance, body strength, etc.). Treat your feet to a warm bath, don't forget to scrub every inch! Wrap your feet in warm moist towels, and paint your toes!
<i>Yoga or Tai Chi</i>	Use a youtube video to follow or make up your own moves! Yoga and Tai Chi activities can help increase balance and body strength/flexibility while decreasing risk of falls. Consult your therapist for recommended moves.
<i>Ankle Work</i>	Ankle strength and coordination is key to avoiding falls. Move toes and ankles as if you were writing the alphabet. Stand on one foot, then slowly switch (use something to hold onto if needed).
<i>Ground Moves</i>	While on the floor, extend your arms and legs and make a snow angel, bring them tight to your body and log roll, walk around like a crab and then do bear walks. Make up a new move and name it!
<i>Ball Toss</i>	Tossing a ball works on many gross motor skills. Try playing hot potato as an extra challenge.
<i>Scavenger Hunt</i>	Walking, reaching, squatting, bending, turning, crossing midline, and so many other skills are worked on when searching and gathering things. Set up a scavenger hunt to make it fun!