

## HOME ACTIVITIES FOR OCCUPATIONAL THERAPY STUDENTS

1. Dribble a ball
2. Toss ball back/forth to partner
3. Pick up dried beans, buttons, etc. using thumb and forefinger and place it into a container
4. Pick up cotton balls, buttons, beans, toothpicks, etc. using tweezers or tongs to place into a container
5. Cut a variety of shapes using scissors – adhering to boundary of picture
6. Color a picture while remaining inside the lines
7. Lay a piece of paper (i.e. tissue, newspaper, pages from magazines, etc.) flat on a table, lay open hand on paper and start scrunching paper until it fits in hand like a ball
8. Hop on each foot at least 6 times without holding for support
9. Stand on each foot without holding for support for at least 6 seconds
10. Try to keep a balloon in the air for as long as possible without allowing it to touch the ground
11. Place rubber bands on an empty container and practice removing and replacing them on and off the can one rubber band at a time
12. Kick a ball back and forth to a partner
13. Remove/replace a variety of container lids of (NON TOXIC or empty) common household products
14. Learn/practice snapping fingers
15. Touch all fingers to thumbs in order from forefinger to pinky and vice versa
16. Using play doh, pinch off small pieces and roll them into balls using thumbs and 1<sup>st</sup> two fingers
17. Pick up small items using the thumb and forefinger and move them into the palm of the hand, then move them from the palm of the hand back out to the tips of the finger to release the item
18. “Log Roll” from one side of the room to the other
19. Bunny hop across the room

### Sensory Activities

1. Make a “burrito” or “sandwich.” Firmly press on your child’s arms legs and back with pillows or make a “burrito” by rolling them up in a blanket
2. Carry that weight. Your child can wear a backpack or fanny pack filled with toys (not too heavy!)
3. Jump! Have your child jump on a mini-trampoline or rebounder or play hopscotch
4. Push and pull. Have them vacuum, carry books from one room to another, help wash windows or a tabletop, and transfer wet laundry from the washing machine to the dryer
5. Messy play with textures. Have them play with foamy soap or shaving cream, and add sand for extra texture. Have her finger paint, play with glitter glue, mix cookie dough and cake batter, and so on. Let your child use the playground sandbox or create your own at home, filling a bin with dry beans and rice or other materials and small toys. Cover and store the bin for future use
6. Use child-friendly modeling material such as Play-Doh or clay (the classic Play-Doh Fun Factory provides excellent proprioceptive input as well). Never force a child who is unwilling to touch “yucky” substances. Let him use a paintbrush, stick, or even a toy for cautious exploration
7. Play a listening game. You and your child sit very quietly and try to identify the sounds you hear (traffic, the hum of the refrigerator, a door shutting, etc.) and where it’s coming from

If you have any questions or concerns, please contact your child’s OT, Kim Mills, and she will be happy to assist you in any way. You can reach her at [kim.mills@harlan.kyschools.us](mailto:kim.mills@harlan.kyschools.us) or her home number at 573-4880.