

OT ACTIVITIES FOR HOME

Before trying these activities, learn about what occupational therapy is and what your occupational therapist may work on with your child

Check out the link below!

<https://kidshealth.org/en/parents/occupational-therapy.html>

1. Try activities on <http://www.zoodles.com/free-online-kids-games/fine-motor-skills>

- Different games focus on different activities ranging from eye-hand coordination, hand precision/dexterity, increased attention and more. Bonus is that the activities are academic related and include math, reading, and problem-solving skills!

2. Fine Motor Activities - Things you can find at home! (Review the attached document).

- This document includes a breakdown of what fine motor skills are and how as parents you can help your children develop them!

3. Class Dojo Activity - Your Brain is like a Muscle! Your brain is like a muscle - Big Ideas

- Classdojo

- Watch the video, Discuss its importance, and if you want share it with your class!

- This activity is straight from Class Dojo and it helps children follow directions, develop attention, and problem-solve!

4. Therapy Street for Kids: <http://therapystreetforkids.com/>

- The purpose of this website is to give parents an insight on what occupational therapy is and what your therapist works on with your child to help them work on their academic skills.

- Click on the skill area you want your child to work or build on, read about the activities, and try them with your child.

5. OT Mom Learning Activities: <https://www.ot-mom-learning-activities.com/>

- OT Mom has developed this website to inspire parents to create simple activities that help

their children develop formal academic skills.

- Each tab includes a different focus area: hand strength, pencil grasp, core exercises, and more!

6. 5 DIY Activities you can do at home: <https://ppredu.com/5-fun-diy-activities-for-school-occupational-therapists/>

- School-based Occupational Therapists may have trouble getting students to focus. That is why trying novel activities can help boost their attention. These DIY activities may help your child focus because you are trying something new and fun while building on skills!

7. Can we do occupational therapy at home? Parents may wonder if this is possible and guess what, the answer is yes! Try these Sensory, Fine Motor, and Gross Motor activities for your littles ones at home. <https://differentbydesignlearning.com/occupational-therapy-at-home-sensory-fine-and-gross-motor-activities/>

8. Does your child have sensory processing issues? Is it hard for them to focus or try new things? Do they need a certain routine that you find is hard to break? Mommy Poppins has an entire section for children with sensory processing needs. This website is great because it requires little to no materials and has activities that you can try at home.

<https://mommypoppins.com/ny-kids/99-sensory-activities-for-any-child>

9. OT ToolBox - Check out these videos, tutorials, and questions you may have about how to do occupational therapy at home with your child.

- <https://www.theottoolbox.com/31-days-of-occupational-therapy-with/>

10. Rehab Alternatives has various resources for parents to use with their children. Read and try activities about: Fine motor activities, Scissor skills activities, Hand dominance activities, Gross motor activities, Handwriting activities, Crossing the midline activities, Visual perception activities, and more.

11. Handwriting is important especially within the school system. Many children who receive occupational therapy in the school need assistance with their handwriting. Miss Jaime has a whole blog dedicated to handwriting skills.

- <https://www.missjaimeot.com/combining-handwriting-play/>

12. More handwriting activities! Practice the different types of activities provided on this website: <https://www.growinghandsonkids.com/activities-to-practice-handwriting-skills-at-home.html>

13. Visual perceptual skills - what is that? This resource breaks down the different components your child may have difficulties with. Try out the downloadables and worksheets provided on this website to better enhance these skills:

<https://www.yourkidsot.com/visual-perceptual-skills.html>

14. Visual Motor skills - this is also important in the school setting. What does it consist of and what can we do to strengthen these skills? This website has a few activities to practice building visual motor skills? <https://study.com/academy/lesson/visual-motor-integration-activities.html>