

OT Activities for Home

Fine Motor Strength / Core Strength

Hidden Treasure Play Doh: Hide small toys, coins, buttons, etc. in Play Doh and have your child find and remove them. Make it fun by creating an imaginative story about the toys or objects.

Color on Your Belly: Have your child lie on the floor (can be in front of T.V.) and color to work core muscles.

Self-Regulation / Calming Sensory Activities

Quiet Space: Create a quiet space that limits sound, light, and activity where your child can take a break, calm down, or regroup. A quiet space can be as simple as a corner with pillows or a tent made with a sheet or blanket.

Sensory Bins: Take a calming break made from items found in your kitchen. Use a plastic bin (shoe box size) and fill with dry rice, beans, or macaroni. Let your child just relax and play.

Handwriting / Scissor Skills

Tracing in Jell-O Powder: Put powder from a Jell-O packet on a small tray or into a zip lock sandwich bag. Have your child practice making lines, shapes or letters using his/her index finger.

Kitchen Tongs: Use kitchen tongs to pick up small objects such as cotton or puff balls and place them in a bowl.

If you would like to discuss activities to work on your child's specific goals, e-mail your Occupational Therapist directly:

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