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The week of January 3-7, 2022 we will conduct virtual OT sessions.

Here are some things to do with your child while at home.

Thursday, January 6, 2022

Today is a fine motor day. Do this activity within your ability.

Find 7 objects in your home.

Pick them up and put them on the table.

Put a bag under the table.

Move the objects into the bag one at a time.

Repeat, moving the bag to a different spot.

When this is done:

Make a list of the objects you used.

Write a sentence for each object.

Check your printing (letters on the line, use spaces, make letters the correct size)

Check your work and identify any issues.

Make corrections, (you may want to re-write your words or sentences).

Wednesday, January 5, 2022

Today is a day for gross motor fun.

Do the following to help develop body awareness, muscle strength, and coordination.

These all help your body get ready to focus and attend.

1. Touch your toes 10X
2. Put your arms out straight and twist your body 10X
3. Touch your left hand or elbow to your right knee, then reverse 10X
4. Run in place for 60 seconds
5. Stand on your left foot and count to 10

6. Stand on your right foot and count to 10
7. Hop for 60 seconds
8. Lunge 20X (left foot forward, right foot back, reverse)

If you can, write a list of what you did and see if you can do more than I asked you to.

Tuesday, January 4, 2022

Explore the “sensory world” around you.

Find the following:

1. Something soft
2. Something hard
3. Something round
4. Something cold
5. Something warm
6. Something gowey
7. Something sticky

Have your child continue at the level they can.

- Find the above thing/object (point to it, pick it up, identify it)
- Write in on a list
- Make a sentence with it
- Write the sentence

HAVE FUN EXPLORING

Welcome to the 2019 - 2020 School Year

Let's plan to have a Wonderful Year

Remember learning occurs in many ways, especially through sensory input, movement, and play.

[OT teletherapy Must Have Materials for Parents](#)

Tuesday, October 6, 2020

[Fine motor color sorting](#)

**MATERIALS NEEDED (affiliate links) FOR
HALLOWEEN COLOR SORTING SENSORY
BAG:**

* Gallon-sized sealable plastic bag

* Permanent markers

* Mini Halloween-themed erasers (We got ours at Target but you can also get some similar ones on Amazon)

* Hand sanitizer (about a cup)

* Clear packing tape

WHAT TO DO:

1. Start by drawing colored circles on top of a sealable plastic bag in permanent marker.
2. Add about a cup of hand sanitizer (hair gel would work too) to the bag.
3. Toss in a handful of Halloween erasers.
4. Seal the bag (try to remove as much air as possible before sealing).
5. Use clear packing tape to tape the bag to a table along the top and bottom of the bag.

Monday October 5, 2020

The leaves are turning colors. There are many different shapes of leaves and there are many Fall colors like orange, brown, red, and yellow.. Trace the leaves and then color each leaf a different Fall color.

[Fall leaves](#)

HAPPY FALL

It's October

**Enjoy these OT
Sensory Cards**

<https://youtu.be/Tv08Y-gQgZw>