

Occupational Therapy Home Program –

For Weightbearing and Strengthening utilize U Tube videos for children's yoga.

For Hand Strength – utilize playdoh through motions of squeezing, pulling, poking with a non-sharpened pencil. Roll into small balls with both hands. Utilize Tongs, Clothespins or Tweezers, picking up and placing objects. Lego play.

Learning through play: Evaluate games at home for developing appropriate grasp patterns and the mature side of the hand: Honeybee, Kerplunk, Connect Four, etc.

Utilize the following websites for printable worksheets and ideas for at home: OT Toolbox, DTKL, Pinterest.

Utilize Ipad programs or websites for letter formation at home for letter formation and mazes for eye-hand coordination. (Letter School, ABC Tracer, Ant Smasher).

Complete Jigzone on line puzzle website or traditional puzzles and Highlights.Com website for visual discrimination, part to whole and spatial concepts, locating hidden objects.

Side walk chalk for prewriting and writing activities. Can break chalk in half to determine fist grasp. Use prewriting strokes or shapes (plus sign, circle, square, triangle, diamond) and letter formation.