

## Occupational Therapy

### **Typing games and/or lessons:**

[Dance Mat Typing](#) by the BBC. It is interactive, fun, free and easy-to-use

[Typing.com](#) For student login on typing.com, every student has a personalized username and password.

Username: first and last name followed by year born with no spaces, all lowercase (for example, joesmith2008)

Password: type

### **Social Emotional Learning:**

[ABA Resources](#) provides a variety of social stories from various sites for different topics/situations

[Fragrant Heart](#) for free guided meditation

[Calm](#) provides free resources for children & adults. It includes calming videos, music, and other activities for meditation, sleep, and mindfulness

[Headspace](#) is one of the many free apps out there that you can use to help manage anxiety and stress, and to monitor and regulate mood

[30 Things You Can Do for Your Emotional Health](#) offers a 30 Day Calendar with daily ideas/assignments to improve emotional health

[SEL Resource Links for parents and students](#) This document contains links for parents and students to access on the topics of communication, self-care, and social/emotional well-being during this time of social-distancing

### **Life Skills:**

[Recipes](#) for easy to follow cooking activities with icons for students to complete at home.

[Learning for a Purpose](#) is an excellent resource for Activities of Daily Living (ADLs)

- Personal hygiene
- Dressing
- Food/Home management
- Personal safety

### **Movement and outdoor ideas:**

<https://www.nhlbi.nih.gov/health/educational/wecan/index.htm>

**Visual Motor Activities:**

Learn how to draw 3D with Mark Kistler. He is doing live streams daily at noon on Facebook. Videos are also uploaded to his youtube channel. Students can join in on his live videos or explore his youtube videos!

[Youtube](#)

[Facebook](#)

[Zentangle](#) Everyone loves to zentangle! Learn the basics and more advanced techniques here.

**Fine Motor, Gross Motor, Sensory Activities:**

[School OT](#) focuses on offering fine motor and sensory motor activities for OTs, teachers, and parents. It offers activities to assist students and families with maintaining:

- Fine Motor Tools & Activities
- Handwriting
- Sensory Motor Development

[Therapy Street for Kids](#) provides activities for:

- Fine motor strength
- Grasp
- In hand manipulation
- Eye-hand coordination
- Upper body strengthening
- Pre-writing
- Self-help
- Sensory Strategies

[OT Mom](#) provides activities for:

- Hand strength
- Grasp
- Cutting
- Visual perception
- Crossing Midline
- Visual Motor Integration
- Sensory Motor
- Gross Motor

[The OT Toolbox](#) provides activities for:

- Functional Skills
- Fine-motor Skills
- Sensory Motor Skills
- Handwriting