

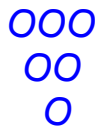
Occupational Therapy Activities

Week of May 11-15

Gross Motor Fun

Play a Bowling game at home!

- Collect six 1-2 liter bottles (feel free to decorate the bottles for fun)
- Have your child set up the bottles as bowling pins (this can be frustrating for some students so a little water may help them stand better)
- You can draw circle on a paper or with chalk outside to help them line up pins like visual below:



- Have your child stand 5-7 feet away and roll a ball towards pins
- Have them try multiple times until pins are all down.
- Have your child take turns with family members

*you can change difficulty with size of ball and distance from pins. You can also ask your child to kick a ball towards pins and change difficulty by rolling the ball to your child or having them try kicking from a crab soccer position.

Visual Motor Skills

- Draw your child's first name large or with bubble letters on a sheet of construction paper (can also just do the first letter in their name)
- Have your child snip paper strips into small pieces
- Have your child glue the pieces onto their name completing one letter at a time
- You can have them use a Q-tip to apply the glue for added fine motor practice.
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