



COVID-19 Resources for Motor

Occupational Therapy- Fine Motor		
Focus Area	Links	Notes
Great Prairie AEA OT	https://drive.google.com/file/d/1n3ikU8ppiXVr2or89sUdhq1tuPj4Hqer/view	Occupational Therapy enrichment opportunities for grades Pk-12. Both printable and online resources.
WELCOME to OT	https://sites.google.com/a/egcsd.org/egcsdoccupational-therapy/home?authuser=0	Welcome to OT is a user friendly page that has tabs on the left side with distance learning ideas for students aged PreK-8th grade. This website was recently developed by a New York school district and has many of the resources our department loves. You can take advantage of everything from printable worksheets to links of ideas to keep your kid's muscles moving this spring.

Topics Included:

- Fine Motor: Manipulation activities, strengthening activities, shoulder activities, cutting and snipping, dough and slime recipes
- Visual Perception: Visual scanning, I-spy, finish the drawing, spot the difference pictures, building with shapes, visual memory
- Bilateral Coordination: Brain gym, using the right and left hands together, crossing midline tasks, doing chores to build muscles, dice games, activities using tape, shoe tying and more!
- Movement: Yoga, Go Noodle, calming heavy work ideas, movement using everyday household items, hopscotch resource
- Handwriting: Pencil grasp, printables, board game ideas, spacing between words tips
- Visual Motor: Dot-to-dots, mazes, shape practice, ideas to write using variety of media
- Learn to Draw: Doodling fun, art for kids, video tutorials how to draw pictures (dragons, bikes, unicorns, nature, etc.), step-by-step animal drawings
- Ocular Motor: Fixation, saccades, pursuits, links to eye strengthening activities
- Keyboarding: Links to several free online typing lessons and games
- Ipad Apps: Ideas for using an iPad and positioning tips, apps to work on letter formation, fine motor skills, puzzles
- I Did It!: Fun photos of real kids working on activities

Physical Therapy- Gross Motor	
Focus Area	Links
Balance	One-foot balance activities https://theinspiredtreehouse.com/20-creative-ways-practice-single-leg-stance/

	<p>Activities to practice balance</p> <p>https://www.primroseschools.com/blog/3-balancing-games-to-practice-with-your-preschooler/</p>
Coordination	<p>Coordination activities with household items</p> <p>https://howtoadult.com/fun-activities-children-improve-coordination-3910.html</p> <p>Upper and lower body coordination activities</p> <p>https://ilslearningcorner.com/2016-10-balance-and-coordination-activities-for-attention-and-focus/</p>
Strengthening	<p>Activities to facilitate core strength</p> <p>https://www.sportsmomssurvivalguide.com/9-exercises-kids-improve-core-strength-conditioning/</p> <p>Animal walks to promote strength</p> <p>https://www.cbc.ca/parents/learning/view/six-minute-animal-kingdom-workout-will-give-you-and-your-kids-a-sweat</p>
Movement	<p>Simple movement games using chalk</p> <p>https://www.pinkcoatmeal.com/sidewalk-chalk-gross-motor-activities/</p> <p>Practice going up and down stairs.</p> <p>https://theinspiredtreehouse.com/child-development-helping-kids-learn-climb-stairs-safely/</p>
Ball Skills	<p>Strategies to encourage your child to throw and catch. This also shows how to make activities harder or easier.</p> <p>https://www.boxofideas.org/ideas/wp-content/themes/box_of_ideas/uploads/Ball_Skills_catch_throw_games.pdf</p> <p>Kicking games for children to play. Remember you can substitute items listed for everyday items in your home.</p> <p>https://www.sportsrec.com/9648970/kicking-games-for-kids</p>
Yoga/Stretching	<p>Animal yoga poses in a printable format. Simple poses to help your child with flexibility, strengthening and mind-body connection.</p> <p>https://wyqualitycounts.org/animal-yoga-for-kids/</p> <p>Children’s theme-based yoga videos for flexibility, strengthening and mindfulness.</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>

Adaptive PE	
Focus Area	Links
Adapted Physical Education	<p>PE Center</p> <p>www.pecentral.org/adapted/adaptedactivities.html</p> <p>Cosmic Kids Yoga</p> <p>www.cosmickids.com</p> <p>TRAIN @ School Special Olympics</p> <p>www.mediaspecialolympics.org</p> <p>Here is another good site that has home activities.</p> <p>https://openphysed.org</p>