

Occupational Therapy Activities

Week of May 18-22

Fine Motor Activities

Complete hole punch activity sent this week. Hole punching is a great hand strengthening activity.

If you do not have a way to print the activity this week, have your child punch holes of different colored paper and then have them glue the holes onto a paper to create a design



* A great way to glue holes is to use a toothpick or paperclip. Put glue on desired spot, then dip the toothpick into a little glue, then touch to hole punch circle, move to desired location and place.

Gross Motor Fun

Practice your throwing skills!

1. Hang a hula hoop from a branch. Practice throwing a nerf football, koosh ball, tennis ball or bean bag overhand through the hoop.
2. Place a laundry basket outside or in a safe place in the house. Toss bean bags, koosh ball or tennis ball into the basket.
3. Draw bugs on chalkboard, dry erase board or driveway. Have your child throw bean bags to "squash the bugs"

Use your overhand Toss!



*remember you can make bean bags out of rolled up socks!

Visual Perceptual fun

Complete visual discrimination worksheet provided.

- Find the different bug (look hard it can be challenging)
- Color the similar bugs one color
- Color the different bug another color.
- Stay within the lines while coloring

*If you cannot print out the activity create a bug out of Legos or your favorite connecting toy at home.

Writing Practice

Complete the Tall letter Packet.

*There are many pages to this packet. You only need to print out the following numbers: 7,9,11,14 and 18.) Follow the directions on each page.

The packet will be working on recognizing tall letters and writing tall letters.

*If you are unable to print out the worksheets, your child can practice writing words with tall letters on regular lined paper.

