

All Ages/Grades

Fine & Gross Motor Resources

Week 5: April 27th-May 1st

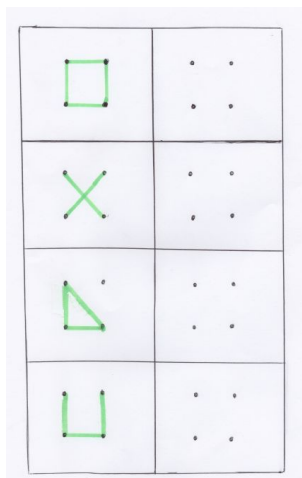
Please choose 1 or 2 activities to do with your child this week for each area in which he/she receives therapy. Under each Skill Area, tasks are organized developmentally, from least difficult to most difficult. Choose the task that's most appropriate for your child's developmental level.

Fine Motor (Occupational Therapy)	Gross Motor (Physical Therapy)
Skill Area: Toy Play. Children work on attention, stretch imagination, and improve interaction through play. This week's focus: <u>Dolls</u>, <u>Stuffedies</u>, <u>Action Figures</u>. Conversation is measured in circles: your child talks and you answer for one circle. As you lengthen your circles about a topic, you're increasing your child's ability to learn and follow directions. - Take on the personality of a favorite character with your child using the toys above. <i>Solve a problem</i> with the characters talking together. Use your imagination. It can be as simple as finding a lost doll, or a stuffie falling off the bed and how to save her, to fighting crime. Skill Area: Visual Perception. Children use their <u>visual sequential memory</u> in reading and pre-academic learning. Develop your child's "<u>visualization</u>." Try to practice visual sequential memory to support learning. - With a similar toy as your child (e.g., you each have a doll or action figure), do an action with your toy and ask your child to do the same. Build it up so that you can do two or three actions and have your child follow your lead. Reverse rolls and have your child be the leader to keep the interest going. - Similarly in movement play, take turns being the leader with doing an action such as clapping, jumping, or wiggling, and have your child copy you. Build up to copying two to three actions. Again take turns to keep interest going in the game.	Strengthening activities: The following ideas are some functional ways to improve core strength. - Play in prone (lay on belly) on the floor: Prone positioning increases core stability. For example, your child can color or draw on the floor on his/her tummy with elbows on the ground. Encourage the child to keep his/her chest up off the ground. Reaching with one arm makes the shoulders and core work more. - Play in quadruped position (on hands and knees): Play a game, build a tower, or complete a puzzle while on all fours – another great core strengthening position. - Play a game or do a craft kneeling at a low table, tray, or couch: Kneeling engages the core and lower extremity muscles. - Squatting Activities: Position toys so the child has to squat down to get the next game piece or toy. Squatting activates the core, upper back, and lower extremity muscles. - Jumping activities work on core and leg strength.

Skill: Imitation. Imitative learning allows children to observe, then practice the skills they've seen, then generalize those skills into their daily life.

Dot Copying-

Draw dots on a piece of paper, or if able, you can print a dotted grid from the internet. Have your drawing design on one side of the paper (it can be simple lines, shapes, or more intricate designs depending on your child), then have your child copy the designs on the other side. Below is an example.



Skill Area: Fine Motor, specifically Bilateral Coordination skills. Bilateral Coordination is the ability to use both sides of the body at the same time in a controlled and organized manner.

Hot Potato-

Can be played in a group sitting in a circle, or between you and your child. In a group setting, pass the ball (or even a stuffy) with both hands quickly around the circle while music is playing. When the music stops, whoever is holding the object is out.

If playing just you and your child, pass the object back and forth and when the music stops, they are out. You can modify the game: if you have "3 outs" you lose, or whatever rules seem appropriate.

To modify this game to make it more challenging in the group setting, you can change the directions for how the object is being passed. You can also have some space distanced out between people to practice simple tossing and catching.

strengthening activities, continued:

- **Heavy Work Chores:** Children can help out with carrying in the groceries, pushing laundry baskets, gardening, raking, etc. All these chores work on muscle strengthening.
- **Exploring the outdoors:** Hike up and down hills. Walk across logs. Roll up and down hills. Climb rocks.

Motor imitation:

- Have your child imitate a simple movement, like waving a hand or touching the top of your head.
- Have your child imitate whole body movements: bear walking, acting like a monkey, etc.
- Play a game of Simon Says. Do the movement that you want your child to copy.