Occupational Therapy Activities Week of May 18-22

Fine Motor Activities

(please watch video with fine motor activities)

Spaghetti fine motor activty.

- Place spaghetti in play doh sticking up
- Place pony beads or pasta onto the spaghetti
- You can sort by color, count or make patterns



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

Use connecting toys to make designs.

- 1. Use Duplo Legos to copy designs (cards sent with email)
- You can also build something and have your child copy what you have built
- 3. Use any building toys to create a bug design





Writing Practice

- 1. Color in the worksheet sent by coloring in the circles with a circular stroke (video with email demonstrating)
- 2. Complete the maze worksheets sent.

*if you do not have a printer, you can create your own mazes at home on paper, a chalk board or a dry erase board.