

Occupational Therapy Activities

Week of May 4-May 8

Fine Motor Activities

Make some play dough or putty and follow exercises on the sheet sent with email. Here is a no cook recipe:

Ingredients:

- 2 cups flour
 - 1 cup salt
 - 1 tbsp oil
 - 1 cup cold water
 - 2 drops liquid food coloring
1. Combine the flour and salt.
 2. In a separate bowl, combine water, food coloring and oil.
 3. Add to dry ingredients.
 4. Knead together!



Gross Motor Fun

Practice your ball skills (video provided with email)

- Draw two circles that touch (result is like an 8)
- Child stands in one circle and practices bouncing a ball in second circle
- Change from large ball to tennis ball as child improves
- Practice dribbling
- Practice dribbling alternating hands

Try the figure eight activity

- Draw a small circle off to side of two circles at center point that will fit your child's hand
- Have your child kneel and place their hand in small circle
- Start at place two circles meet, roll car around one circle and then around second circle like a figure eight

Visual Perceptual fun

Popcycle Stick shapes:

- Gather either craft sticks, pencils, straws or sticks
- Have your child make shapes with the craft sticks
- Have your child practice drawing that shape multiple times after they have built the shape.
- If they struggle with drawing a shape have them make it again with the sticks.



*challenge, make random designs with sticks and have your child copy them.

*Visual Motor practice

Have your child practice drawing Mat Man in preparation for completing the Mother's day project provided in email. (video provided)

1. Mat Man has one head so that he can think
2. Mat Man has two eyes so that he can see
3. Mat Man has one nose so that he can smell
4. Mat Man has one mouth so that he can eat
5. Mat Man has two ears so that he can hear
6. Mat Man has one body to hold his parts inside
7. Mat Man has two arms so that he can wave
8. Mat Man has two hands so that he can clap
9. Mat Man has two legs so that he can stand
10. Mat Man has two feet so that he can walk

*Do Mother's day worksheet provided

Happy Mother's Day

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