

Play, Recreation, &
Leisure

OT Home Activities Scavenger Hunt

Grade Level:

Preschool - Elementary

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Visual scanning, figure-ground, Visual discrimination,
Sensory processing

Materials:

- Attached worksheet
- Marker or pencil
- Bag, box, or basket to hold items

Directions:

1. Create a list of items such as the examples below, using either words, or pictures depending on level of student.
2. Spend time with your child looking for these items around the house
3. Check off each item that has been found.
4. You can incorporate heavy work to the activity by instructed your child to do different movements to locate items such as a “bear walk” (see video below) or frog hops while obtaining items around the room.

Modifications/Adaptations:

- For children who cannot yet read: show an image of item to child and direct them to location in house where it may be found.
- For children with mobility difficulties: parent can locate as many items as possible, insert into a box and instruct child to locate directed.

How to incorporate into family routine:

- Have family take turns locating items with child
- Describe logical functions for items
- Get creative and use items in imaginary play with family

Additional Parent Resources:

[Bear Walk Video](#)

Scavenger Hunt

Crayons

Markers

Pencil

Scissors

Liquid glue or glue stick

Coins or buttons

Play-Doh

Plastic straws

Shaving cream

Legos or blocks

Paper

Cotton balls or pompoms

Clothespins

Tongs

Q-tips

Water spray water

String or shoelace

Balloons

WE'RE GOING ON AN INDOOR Scavenger Hunt

Gather up these items from around the house!



a stuffed
animal



something that
plays music



an item you
use to bake



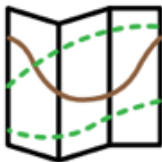
a book that
has numbers



a picture
of people
you love



something
round



something
that has
a map



something
with wheels



something
that makes
bubbles



something
that makes
you happy

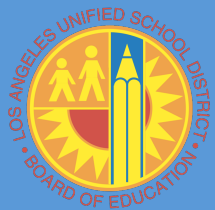


3 things
that are
yellow

ABC

something
that starts
with the first
letter of your name

Don't forget to put them all away after the hunt is over!



OT Home Activities

Flower Craft

Grade Level:

Preschool - Elementary

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

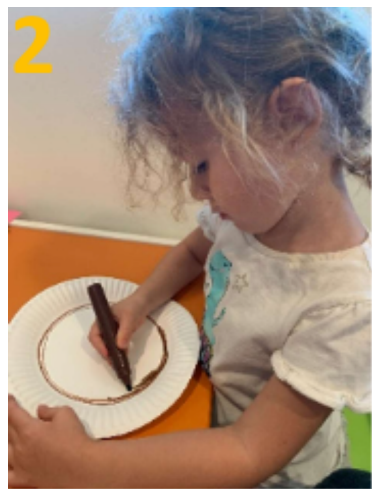
Visual-motor integration, Fine motor skills,
Bilateral coordination, Praxis

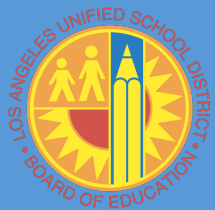
Materials:

- Paper plate
- Brown marker/crayon
- Scissors
- Yellow paper

Directions:

1. Make dark straight lines on 2 yellow rectangles (3"×12") as shown in picture #1.
2. Have your child draw a circle using a brown marker or crayon on a paper plate. If your child cannot draw a circle, make a line with pencil or a dotted line with a marker and have child trace.
3. Have your child color inside of the circle.
4. Using scissors (and supervision!), have your child cut through all of the dark lines to make the petals.
5. Have your child glue each petal around the circle (place dots/lines of glue for each petal).



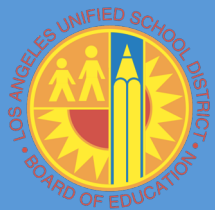


Modifications/Adaptations:

- Tear paper instead of cutting
- Use colored glue to make lines visible
- Use brown paint and paintbrush or small sponges



When finished, you can provide pre-cut bees to glue on the flower!



Play, Recreation, &
Leisure

OT Home Activities

Cereal Box Puzzles

Grade Level:

Preschool - High School, CTC (being age respectful)

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Visual perception, Oculomotor skills, Fine motor skills,
Motor planning, Separation of sides of hand

Materials:

- Cereal boxes
- Food boxes
- Marker
- Scissors

Directions:

1. ADULT: Cut out front of cereal box. Draw lines on box for student to cut by skill level.
 - New to cutting and puzzles (Easy): draw 2-4 lines making squares and rectangles
 - Gaining skills in cutting and puzzles (Medium): draw 5-10 lines making squares, rectangles, and some triangles
 - Developing mastery with cutting and puzzles (Hard): draw 10-15 lines making squares, rectangles, and triangles.
2. After the puzzle has been cut, the pieces are mixed up and the student can assemble the puzzle independently, or if a larger puzzle, with family.
3. Puzzle pieces can be hidden around the house (for puzzles with ~4-10 pieces) to include movement and visual scanning of environment.

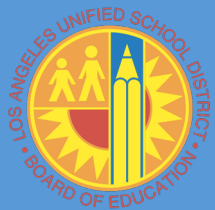


Modifications/Adaptations:

- Add built up handle
- Adult can cut out pieces
- Take turns adding pieces
- Start with puzzle half made
- Show whole image for reference
- Visual supports on scissors for hand placement
- Visual supports on cardboard for hand placement

How to incorporate into family routine:

Incorporate puzzle completion during family game time for recreation and leisure.



Play, Recreation,
& Leisure

OT Home Activities

Fruit Loop Sorting & Lacing

Grade Level:

Preschool - Elementary

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Fine motor skills, Visual integration, Bilateral motor coordination, Praxis

Materials:

- Fruit loops
- String/lace/yarn
- Small containers
- Rainbow template sheet (see pg. 2)

Directions:

1. Place fruit loops in a bowl. Have child sort fruit loops by color by placing them in smaller containers.
2. Provide rainbow template sheet to child. Have child place fruit loops by color on the rainbow.
3. Provide string/lace/yarn to child. Have child lace fruit loops to make necklace or bracelet. Have child use index and thumb fingers to grasp fruit loops.



1



2



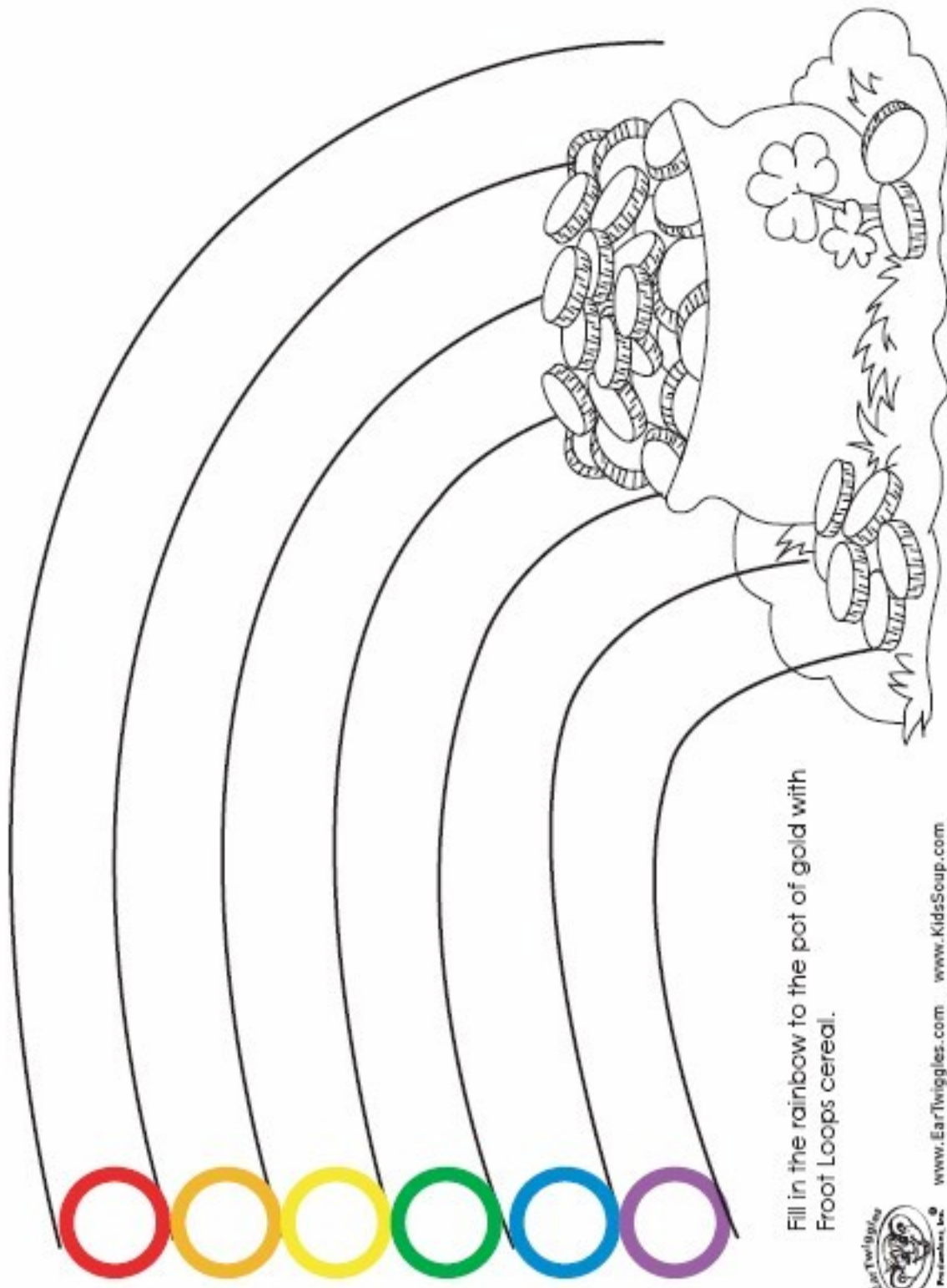
3



Let the child eat them at the end (if not allergic, of course)

Modifications/Adaptations:

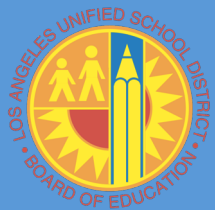
- Decrease the number of fruit loops or colors
- Present the fruit loops one at a time rather than all in the bowl
- Hold the string while the child inserts the fruit loops



Fill in the rainbow to the pot of gold with
Froot Loops cereal.



www.EarTwiggles.com www.KidsSoup.com



Marble Maze

Grade Level:

Preschool - Elementary

Curriculum:

General education, Alternate and Creative Curriculums

Targeted Skills:

Visual-motor integration, fine motor skills,
Bilateral coordination

Materials:

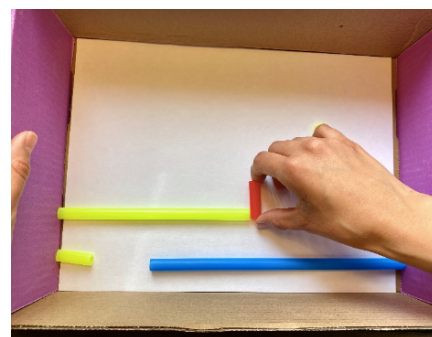
- Shoe box or lid, cardboard
- Straws or popsicle sticks
- Glue, tape or low temp hot glue and glue gun
- Scissors
- Crayons, markers, or stickers
- A marble, bean, or something small that rolls

Directions:

1. Cut straws into different lengths.

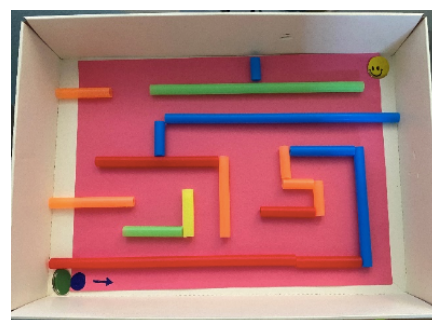


2. Glue or tape the straws to the bottom of the box to make the maze. Be sure the marble can fit through the spaces.



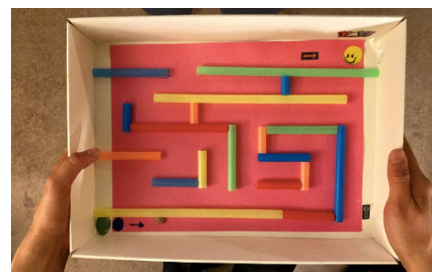
Tip: you can draw the maze with a pencil then glue the straws or experiment with the cut straws before gluing them.

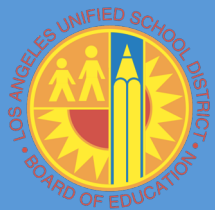
3. Mark the start and end of the maze - use crayons, markers, or stickers.



Tip: cut a little hole at the end of the maze, through which the marble will "escape" at the end.

4. To play the game, try to get the marble through the maze by slightly tilting the box until it reaches the end.





Modifications to Activity:

To make this activity easier:

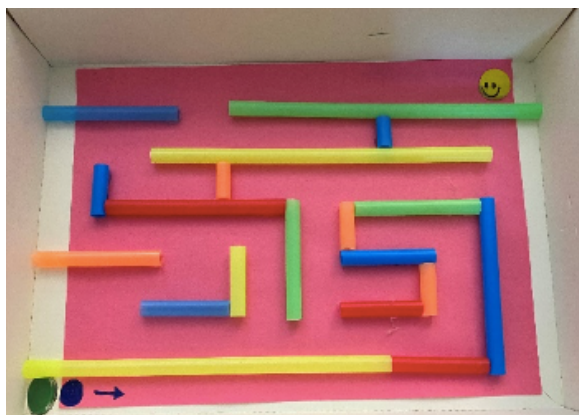
- When making the maze, place the straws in straight rows for the marble to go through.



- Skip making the maze! Make a hole in the middle of the box and try to get the marble or a ball through the hole and into a container.

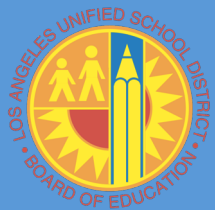
To make this activity more difficult:

- Make the maze with many turns, more open paths, or traps. This will require slow and careful movements to move the marble.



How to incorporate into family routine:

- The whole family can participate while making this game. Give each person a job to complete or everyone can help. Children can help with cutting straws and making/designing the maze.
- Make it a family game! Everyone takes turns.
- Do the maze during short breaks or in between school assignments.



Play, Recreation, &
Leisure

OT Home Activities

Shadow Figure Drawing

Grade Level:

Elementary - High School

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Visual-motor integration, fine motor skills, Motor planning, Prone extensors, Neck and shoulder joint stability

Materials:

- Animal figurines, toys, or action figures
- Paper or cardboard box
- Back of cereal box or concrete to draw on
- Pencils, markers, or chalk
- Sunlight or flashlight if in dim room

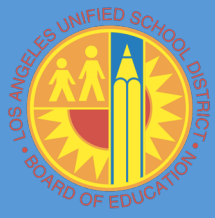
Directions:

1. Place paper or drawing medium on the ground
2. Place the animal or action figure so the shadow is cast on the paper
3. Lie on stomach facing the shadow on the paper
4. Use crayon, marker, pencil, or chalk on paper to draw around border of shadow
5. If desired, color in shadow with black or dark color



What to do with drawings:

- Have an art showcase
- Make a card and send to a family member
- Play 'Guess the Animal' with showing the shadow drawings
- Have a matching game to match the animal figures or action figures to their shadows



OT Home Activities

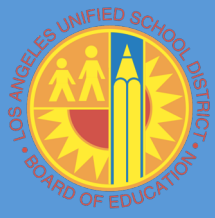
Shadow Figure Drawing

Modifications to Activity:

- Use a wide-width marker or crayon for grasp
- Sit at the table instead of laying on the floor if physical limitations
- Use shapes to draw around for simple lines (cube, dice, box, ball)

How to incorporate into family routine:

- Have an art class
- Do at night after dinner
- Perform during outdoor time
- Use as a break from academics
- Dim lights in house and use flashlights for a calming transition before bed



Play, Recreation, &
Leisure

OT Home Activities

Balance Walk & Hopscotch

Grade Level:

Preschool - Elementary

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

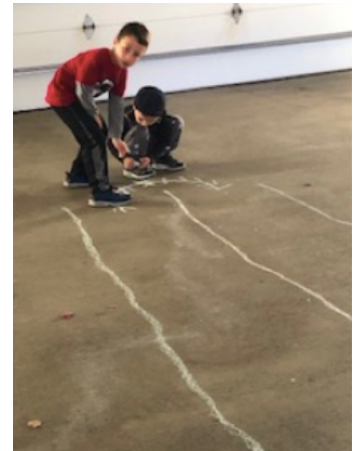
Gross motor, Praxis, Sensory processing

Materials:

- Masking tape for inside
- Sidewalk chalk for outside

Directions:

- 1) Place tape on floor in shape of a maze or different directions. Have child walk along the tape on the floor. They can pick up "treasures" along the way to put into their "treasure chest."
- 2) Draw lines outside using side-walk chalk. Have the child walk along the lines to pick up treasures (leaves, rocks etc.).
- 3) Draw hopscotch board outside and jump to the numbers, feet together or apart.

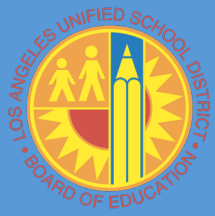


Modifications/Adaptations:

- Hold child's hand to help with balance
- Straight path to make it easier
- Complex path to make it more difficult

How to incorporate into family routine:

- Have sibling draw the balance beam or maze
- Have sibling assist with placing treasures



Play, Recreation, &
Leisure

OT Home Activities Box Car

Grade Level:

Preschool - Grade 1

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Gross motor, Sensory processing, Arousal regulation

Materials:

- Empty box, laundry basket, or suitcase
- Objects around the house

Directions:

- 1) Have your child push the box/basket around and pick up materials around the house. They can pretend to be a train, trash truck, etc.



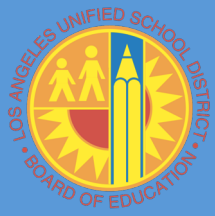
Modifications/Adaptations:

- Use an empty pillowcase. Fill with stuffed animals and have child carry up and down stairs, around house, pretending they are riding the bus going to school.
- Push across a rug or carpet to make it harder.
- Push box/basket with feet



How to incorporate into family routine:

- Ask child to push groceries from the front door to the kitchen



Play, Recreation, &
Leisure

OT Home Activities

Calming Corner/Chill Zone

Grade Level:

Preschool - High School

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Sensory Processing, Self-regulation

Materials:

- A space in a room, can add bean bags, couch cushions, blankets, pillows, lava lamp, etc.

Directions:

- 1) Make a space in a small corner or area of the home with materials to help child calm.
- 2) You can use a tent, a bean bag or pillow for the child to sit on or in.
- 3) You can use this as a reading corner
- 4) You can also have toys your child can squeeze such as a soft ball or favorite toy



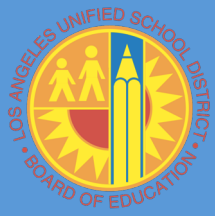
Modifications/Adaptations:

- Use different textures, tent, etc.
- You can drape a blanket over 2-3 chairs to make a tent

How to incorporate into family routine:

- Family can all take a break at the same time
- Use calming corner for reading time with parent or sibling





Play, Recreation, &
Leisure

OT Home Activities

Shaving Cream Play

Grade Level:

Preschool - Elementary

Curriculum:

General Education, Alternate Curriculum

Targeted Skills:

Sensory processing, Visual motor skills

Materials:

- Shaving Cream
- Cookie sheet tray
- Paint brush
- Q-tips

Directions:

- 1) Spread shaving cream over the surface of a tray
- 2) Model drawing lines, shapes, numbers, letters, and/or words in the tray

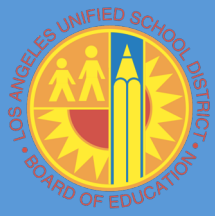


Modifications/Adaptations:

- Use paint brush or q-tip if student is not comfortable touching shaving cream
- Have student connect the dots if in preschool

How to incorporate into family routine:

- A sibling can model, call out shapes, letters, etc.



OT Home Activities

Button Snake

Grade Level:

Preschool - Elementary

Curriculum:

Alternate & Creative Curriculum, Extended VI

Targeted Skills:

Fine motor skills, Sensory processing

Materials:

- Button
- Ribbon, string, or shoelace
- Felt squares, paint swatches, or fountain drink lids
- Scissors
- *Optional:* glue (hot glue or craft cement)

Directions:

1. Cut holes in felt



2. Lace or glue button on end of ribbon

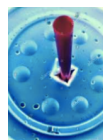


3. Lace



Modifications/Adaptations:

- Use pipe cleaner, straw, or ruler instead of ribbon
- Use fountain drink lids or paint swatch squares

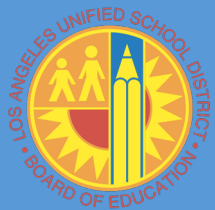


How to incorporate into family routine:

- Practice while watching TV
- Practice before getting dressed in the A.M.
- Make patterns with colors and objects
- Have lacing races

Additional Parent Resources:

[Teach Kids How to Button the Fun Way](#)



OT Home Activities

Dressing Race

Grade Level:

Preschool - Elementary

Curriculum:

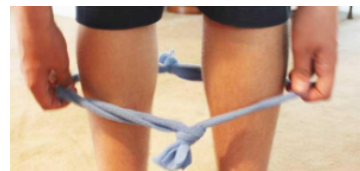
Alternate & Creative Curriculum, Extended VI

Targeted Skills:

Fine motor, Sensory processing (touch, body awareness, bilateral coordination, Motor planning)

Materials:

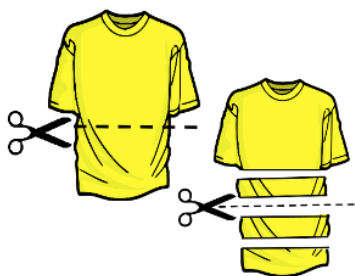
- Old T-shirt
- Old socks
- Scissors



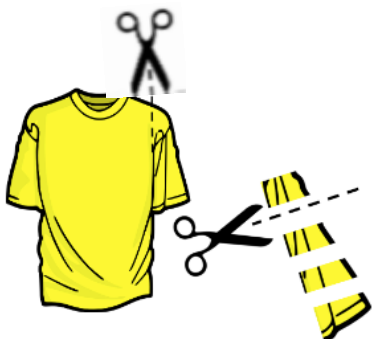
Picture from therapyfunzone.net

Directions: Use shirt and/or tube socks.

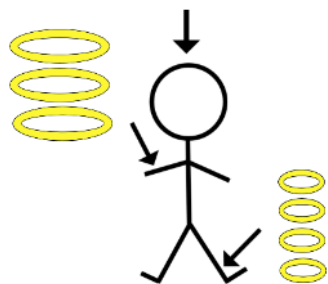
1) Cut bottom of shirt. Cut bottom into strips.



2) Cut off sleeves. Cut sleeves into strips.



3) Race to put tubes on body! Pull over head, wrist, ankle.



Additional Parent Resources:

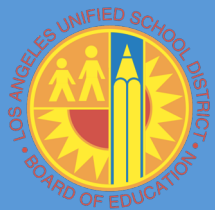
[Work on Dressing Skills Through Play!](#)

How to Incorporate into Family Routine:

- Practice with tubes over pajamas before getting dressed for the day OR the reverse at night
- Use as a quick game/movement break for in between during academic tasks

Modifications/Adaptations to Activity:

- Tie socks together to make tubes
- Race to take off tubes
- Hemiplegia: lace tubes over impaired extremity first
- Use top half of cut shirt for dressing practice
- Child may assist with cutting (match adult assistance with ability)
- Adult gives partial assistance: adult start, child finish or vice versa



OT Home Activities

Animal Walks & Movement

Grade Level:

Preschool - Elementary

Curriculum:

General Education

Targeted Skills:

Gross motor, Sensory skills

Materials:

- Computer, tablet, or mobile device to watch video and follow along

Use this movement break as a fun form of exercise that the whole family can do together!

Directions:

Have your child imitate the walk of various animals

- 1) Duck walk: waddle in a squat position
- 2) Bear walk: crawling with hands and feet on floor
- 3) Bird walk: flying on tip toes
- 4) Elephant walk: bending over and swinging arms like trunk
- 5) Frog hop: hopping on all fours
- 6) Inchworm: on hands and feet, walk feet toward hands and then hands away from feet in an inching movement
- 7) Mule or donkey kick: on hands and feet, kick both feet up simultaneously
- 8) Crab walk on hands and feet, walk sideways
- 9) Seal: keep legs extended and walk on hands

Click [here](#) to view different animal walks!



1



2



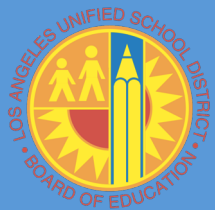
5



8



9



Play, Recreation, &
Leisure

OT Home Activities

Balloon Volleyball

Grade Level:

Preschool - High School, CTC

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

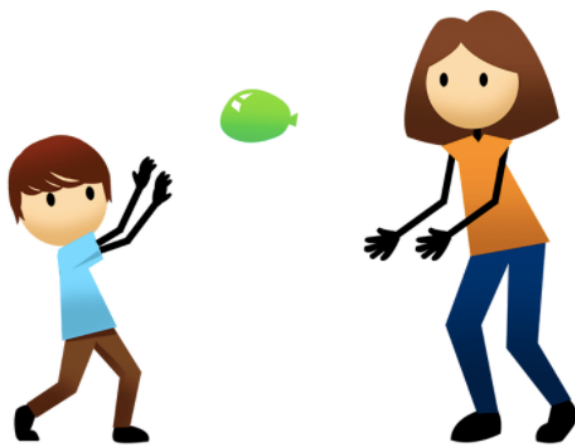
Gross motor, Sensory skills, Praxis

Materials:

- Balloon

Directions:

- 1) Blow up balloon and tie the end
- 2) Hit the balloon up towards the ceiling and towards the student
- 3) Have the student hit the balloon back to you

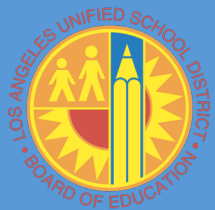


How to incorporate into family routine:

- Use as a movement break during academic time

Modifications/Adaptations:

- Have the child seated
- Change distance between child and partner
- Hit over a net or other object
- Use a lightweight tool such as a racket, paddle, or pool noodle



OT Home Activities Box Tunnels & Forts

Grade Level:

Preschool - Elementary

Curriculum:

General Education, Alternate, & Creative Curriculum

Targeted Skills:

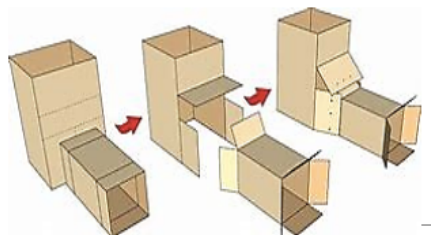
Sensory processing, Balance

Materials:

- Large cardboard boxes found in home
- Recycling bin
- Tape
- Optional: holiday lights, pillows, art supplies

Directions:

1. Collect large cardboard boxes
2. Remove taped seams to open top and bottom of the boxes

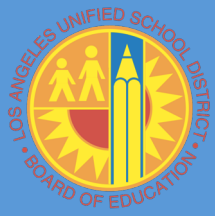


3. Position opened boxes sideways
4. Attach box ends to one another by connecting smaller openings into larger openings or use tape



5. Arrange tunnels on floor in different ways and crawl through





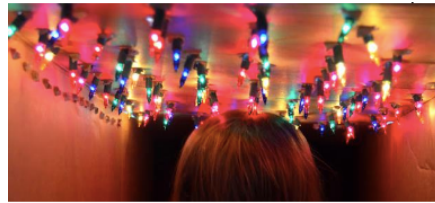
OT Home Activities *Box Tunnels & Forts*

Modifications/Adaptations:

- Listening for sounds: peeling tape, drum on boxes with hands or kick boxes with feet
- Assemble opened boxes in triangle for wheelchair access



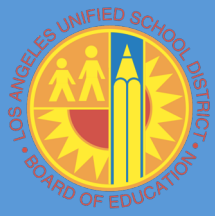
- Add light into tunnels using strands of holiday lights attached to ceiling of tunnels



- Decorate tunnels with crayons, markers, stickers, etc.
- Add pillows and blankets to make calm space
- If child requires maximal help for project, put him/her in charge of operations: give choices of box positioning, decoration colors, etc.

How to incorporate into family routine:

- Family free play
- Sensory break in between academic activities
- Hide puzzle pieces, Legos, and/or shapes in tunnel
- Use as calming area before bedtime



Play, Recreation, &
Leisure

OT Home Activities

DIY Light Box

Grade Level:

Preschool - Elementary

Curriculum:

General Education, Alternate & Creative Curriculum

Targeted Skills:

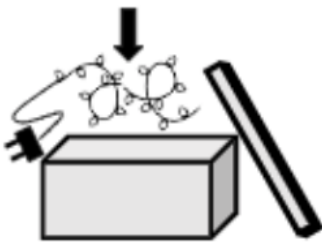
Visual skills, Visual-motor integration, Self-regulation

Materials:

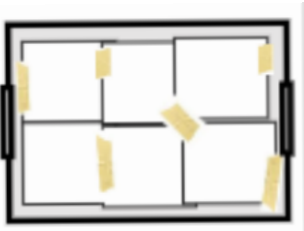
- Clear see-through storage tub and lid
- String of lights
- Sheets of white paper
- Tape

Directions:

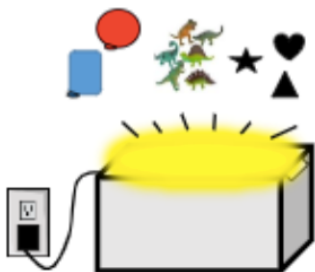
1) Put lights in storage tub



2) Tape white paper on inside of lid



3) Lid on storage tub, plug in, add objects to top



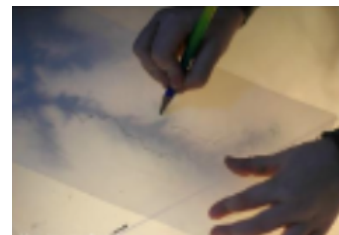
How to incorporate into family routine:

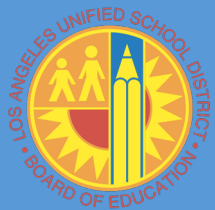
- Complete worksheets/drawing activities on light box
- Use for added visual supports to locate puzzle pieces, Legos, beads, etc.



Modifications/Adaptations:

- Place puzzle pieces, shapes, toys, and clear-colored cups and lids on light box
- Use as tracing light





OT Home Activities

Turtle Time

Grade Level:

Preschool - Grade 1

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Gross motor, Sensory processing, Arousal regulation

Materials:

- Pillow or backpack



Directions:

- 1) Place a pillow on child's back or have them wear their backpack
- 2) Ask student to crawl around like a slow turtle looking for food or water



Modifications/Adaptations:

- Use a smaller or bigger backpack
- Have your child see how far they can crawl before it falls off
- Carry the toys on back from one place to another

How to incorporate into family routine:

- Incorporate when your child is cleaning up their toys. They can carry the toy on their back.