

OT Home Activities

Egg Carton Geoboard

Grade Level:

Preschool - Elementary

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

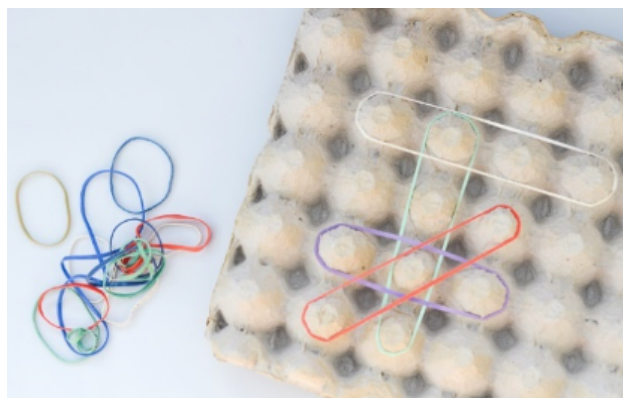
Visual-motor integration, Visual perception,
Fine motor skills

Materials:

- Paper or cardboard egg carton (not Styrofoam)
- Rubber bands
- Alphabet and/or shape reference
- Dice
- Coin

Directions to Support English Language Arts (ELA):

1. Create Letters: Parent can write the letter on a paper or point to a letter from the alphabet, and the student recreates it on the geoboard using rubber bands (L,T,H,I,V,W,X).
2. Create Shapes: Parent can present a shape on a paper or from an image (square, triangle, house, tree), and the student recreates it on the geoboard.
3. Parent or student reads the monthly ULS book, and every time a sight word or main character's name is read, the student earns a rubber band to place on egg carton.



Directions to Support Math:

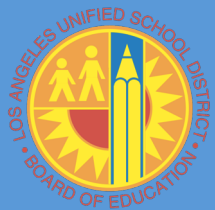
1. Roll dice or flip coin to determine number of rubber bands.
2. Use rubber bands to create AB pattern (red, blue, red, blue) or ABC pattern.

Modifications/Adaptations:

Take turns with colors if student has difficulty creating AB pattern, so that adult has one color and student has one color.

How to incorporate into family routine:

Use during English language arts or math as a break from worksheet or online work. Incorporate into a family game night to use for Pictionary where family can guess what the student is making on the geoboard.



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

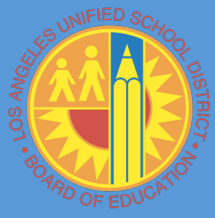
Directions:

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

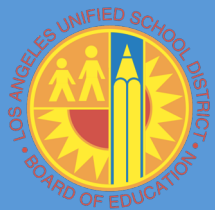


Modifications to Activity:

- 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



OT Home Activities

Spray Bottle Game

Grade Level:

Elementary

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Fine motor skills, Visual-motor integration

Materials:

- Spray bottle
- Chalk



Directions:

1. Draw chalk letters on the ground.
2. Have the student help unscrew the spray bottle and fill with water.
3. Name a letter and have the student find it then spray inside to “paint” the shape with water.



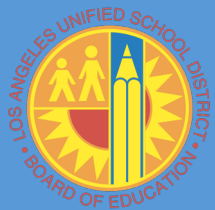
Modifications/Adaptations:

- Use spray bottle to water a plant
- Use spray bottle to clean a table
- Write letters on cups and stack on surfaces with varying heights



How to incorporate into family routine:

Use for breaks or before sitting to work on academic tasks



OT Home Activities

Balance Walk & Hopscotch

Grade Level:

Preschool - Elementary

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

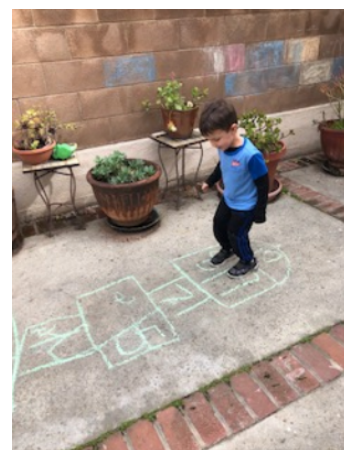
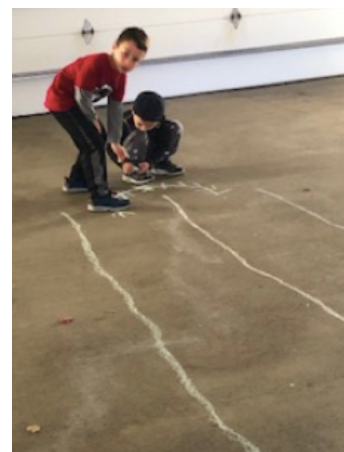
Gross motor, Praxis, Sensory processing

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.

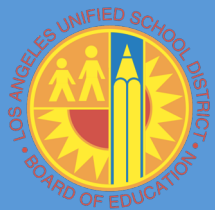


Modifications/Adaptations:

- 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



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.



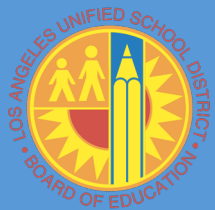
Modifications/Adaptations:

- 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



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



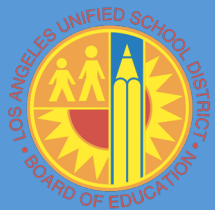
Modifications/Adaptations:

- 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





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

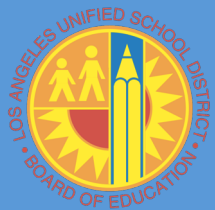


Modifications/Adaptations:

- 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

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

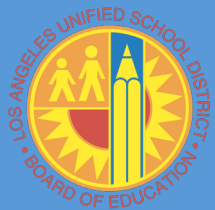


Modifications/Adaptations:

- 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.



OT Home Activities

Box Tunnels & Forts

Grade Level:

Preschool - Elementary

Curriculum:

General Education, Alternate, & Creative Curriculum

Targeted Skills:

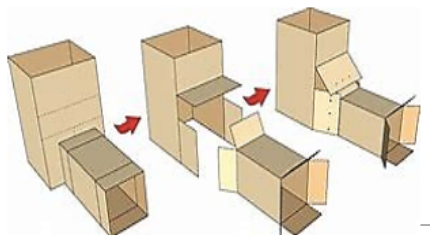
Sensory processing, Balance

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

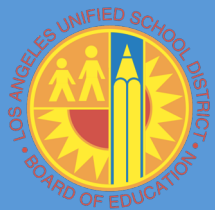


3. Position opened boxes sideways
4. Attach box ends to one another by connecting smaller openings into larger openings or use tape



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





OT Home Activities

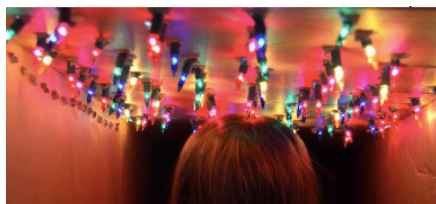
Box Tunnels & Forts

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



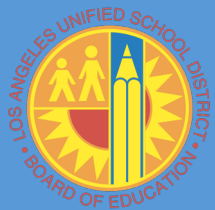
- Add light into tunnels using strands of holiday lights attached to ceiling of tunnels



- 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



OT Home Activities

DIY Light Box

Grade Level:

Preschool - Elementary

Curriculum:

General Education, Alternate & Creative Curriculum

Targeted Skills:

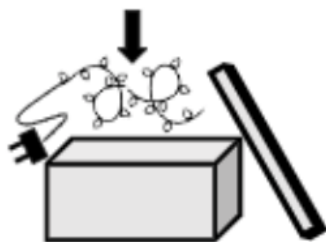
Visual skills, Visual-motor integration, Self-regulation

Materials:

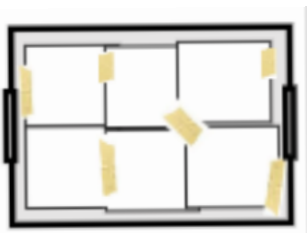
- Clear see-through storage tub and lid
- String of lights
- Sheets of white paper
- Tape

Directions:

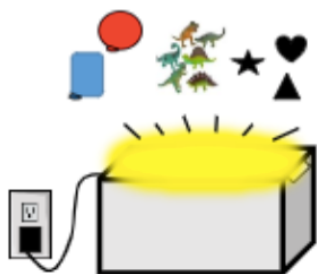
1) Put lights in storage tub



2) Tape white paper on inside of lid



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



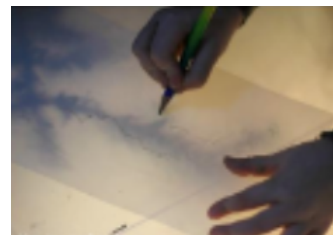
How to incorporate into family routine:

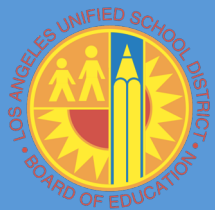
- Complete worksheets/drawing activities on light box
- Use for added visual supports to locate puzzle pieces, Legos, beads, etc.



Modifications/Adaptations:

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





OT Home Activities

Sponge Play

Grade Level:

Preschool - Elementary

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Fine motor skills, Sensory processing

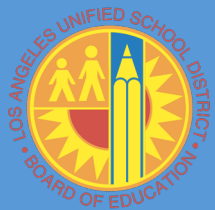
Materials:

- Clean sponges (can also use small towels or rags)
- Parent can cut a large sponge into smaller pieces shapes
- Containers to squeeze water into and for dry sponges
- Scissors (parent can cut if child is small)
- *Optional:* food coloring, paint and paper

Directions:

1. Explore the materials being used. Introduce dry sponges and allow child to feel sponge texture. Then have child place his/her hand into the water to feel the difference in sensation.
2. Place sponges into one container filled with water.
3. Have child reach in and push sponge to the bottom to absorb more water then remove and squeeze sponge over empty container.
4. Dip dry sponges into paint and make pictures





OT Home Activities

Sponge Play

Modifications/Adaptations:

- Add food coloring to container of water
- Place small items that float into the empty container. As water is poured into the container, child can watch objects rise to the top.
- Using smaller sponges will require less force, however it will increase the time required to fill the container with water.

To make this activity easier:

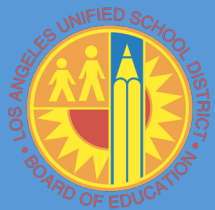
- For smaller children allow them to use both hands to squeeze the sponge, especially if you are using rags or small towels.
- Use larger, more pliable sponges

To make this activity more difficult:

- Use a variety of sponges and squeeze from top to bottom using only one hand. Rags and small towels will also increase the amount of force required to get all the water out.
- Parent can also have child use thumb, index and middle fingers to squeeze the sponges.

How to incorporate into family routine:

- The family can assist in this activity by giving each person a job related to the activity. They can make it a race to see who can fill their container the fastest or who can come up with the best instructions or sentences related to the items involved.



OT Home Activities

Lid Matching & Assembling

Grade Level:

Preschool - Elementary

Curriculum:

Alternate & Creative Curriculum, Extended VI

Targeted Skills:

Bimanual skills, Tactile discrimination, Grasp, In-hand manipulation, Proprioceptive processing

Materials:

- Clean, non-glass containers. *Examples:*
 - Twist-top bottle/mayonaise jar
 - Pull-top coffee tin
 - Food storage containers

Directions:

1. Collect 2 or more containers of different types
2. Remove lids and place containers and lids within child's reach
3. Child matches and assembles



Modifications/Adaptations to Activity:

- Use more or less containers and lids
- Adult help place lid in position on container, then child presses or screws on
- Child places lid in position on container, then adult presses or screws on
- If child has spasticity of arm, position container between elbow and middle of body for control and independence
- Adult give Hand-Under-Hand help ([Click here for video example](#))

Additional Parent Resources:

[Click here for 30 ways to reuse empty bottles!](#)

How to Incorporate into Family Routine:

- Organize containers found in cabinets
- Before taking out recycling bin
- After washing dishes