

Occupational and Physical Therapy Activities

Kindergarten through 3rd grade

This page is filled with possible activities you and your child can work on when school is not in session. Please have your child complete ONE activity from each of the categories below. Have fun and get creative! Circle the activities you have completed when you are done!

CORE and UPPER/LOWER body STRENGTHENING	VISUAL PERCEPTION and VISUAL MOTOR	FINE MOTOR And VISUAL MOTOR
*Animal walk races	*Play eye-spy inside the house or outside	*Hide objects in play-dough or putty
*Play games while lying on your stomach	*Read a book with your child and ask them to find specific items in the pictures	* Draw shapes (circle, square, triangle, etc.) and have your child cut them out
*Make obstacle courses with items in your house (pillows, furniture)	* Draw mazes on paper and have your child complete them	*Practice writing letters/words/numbers in shaving cream
*Play Simon Says or have a dance party	*Make a dot to dot using numbers or letters to follow	*Use uncooked pasta noodles and string to make jewelry
*Balance on one foot, then the other	*Play flashlight tag	* Write the rainbow! Put each color word into a sentence
*Skip, hop, jump, to different areas	*Draw simple pictures and have your child copy your design	* Tear and crumple up small pieces of paper and make up a game

