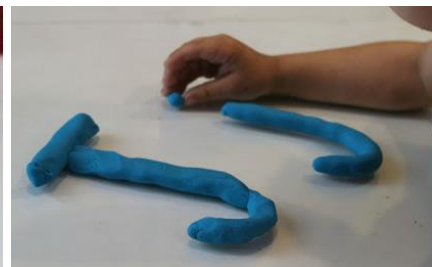


Occupational Therapy At Home

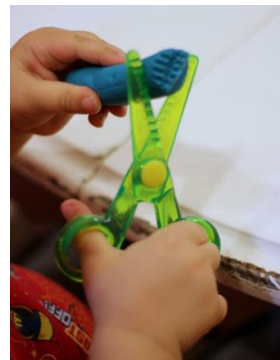
**Legos are a personal favorite of mine. They are great for bilateral skills, hand strengthening, visual perception and you can make letters and mazes (great for visual tracking)!!



**Another personal favorite...PlayDoh! Great for building strength...roll it, smash it, practice letters with it...



**Cutting is an excellent activity. It requires strength, motor planning, bilateral coordination, stability and visual tracking. Use paper, straws, playdo...just remember "thumbs up"



Games and Toys

****You can find these toys at Walmart or Target, all are under \$20.**



Or make your own games using kitchen tongs, clothes pins or and small objects like cheerios fruit loops, craft poms, water beads... Cut a slot in a plastic lid and push in buttons or pennies.



****Helping in the kitchen is another great source of developmental skill...Scooping, pouring, stirring**



****Keep moving!** Outdoor play is a great way to continue building strength and motor skills. Combine fine motor and gross motor by using sidewalk chalk to draw a hop scotch. Also works shapes and numbers!



Handwriting

*Keep handwriting practice short and simple, 10-15 min.

*Practicing shapes and letters doesn't have to be paper and pencil...Try chalk, scented markers, colored pencils, paint brushes, anything you like!

* Students can use single word answers, full sentences, fill in the blank format. Adjust to the child's skill level

***Writing Prompt Examples**

5 Things you shout ("surprise!" "ouch!")

5 Foods that are green

5 Things you put on your feet

Things you see in the wood / at the grocery store / at school / at a birthday party...

How many superheroes can you name?