



# Occupational Therapy

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Sensory E-Learning




# Animal Walks

CHICAGO  THERAPY

## Animal Walks

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**Frog Jump** 

**Key Points**

- Squat down like a Frog
- Jump as high as you can
- Repeat this across the room

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**Bear Walk** 

**Key Points**

- Extend legs straight
- Head down

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**Crab Walk** 

**Key Points**

- Bottom up for level stomach as the child is able
- Feet under knees

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**Caterpillar Crawl** 

**Key Points**

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

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**Kangaroo Jump** 

**Key Points**

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary

Animal Walks | Page 1

Pick an animal walk to do before beginning work and during breaks.

# Balloon Pass/Volleyball

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Keep the balloon from dropping to the floor with an adult or independently;  
pass the balloon over your head or between your legs to another person;  
stand back to back with someone and twist side to side to pass the balloon

# Bubble Pop

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Blow bubbles and pop with your finger or clap your hands to pop the bubbles



# Crunchy Snacks

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Let student eat crunchy snacks while they work to increase alertness

# Cushions/Pillows

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Jump or crawl a path made with pillows or cushions

# Crawling/Tunnels

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Crawl through boxes, homemade tunnels and under tables for deep pressure input in the body to calm the sensory system to focus and pay attention



# Cutting Multi-Sensory Material

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Cut different textured materials for addressing sensory-motor and to work on strengthening and fine motor skills

**\*\*PARENTAL SUPERVISION WITH SCISSORS**

# Sensory Writing

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Let student practice letters, names and words using shaving cream (with supervision so they do not try to eat it), whipped cream or pudding.

# Transitions

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Jump, jumping jacks or marching room to room during breaks/transitions

# Sensory Bins

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Put rice, beans or water in a plastic tub with some toys and let student play and find hidden items

**\*\*PARENTAL SUPERVISION WITH SMALL TOYS**

# Go Outside!!

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If weather permits, play outside!!! Run, swing, jump, hopscotch, draw with chalk, ride a bike, toss a ball, take a walk etc...

# Lotion and Massage

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Rub lotion on arms and legs using keep pressure when rubbing in lotion

# Playdough

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Roll out and cut playdough with scissors (with supervision), plastic knife or cookie cutters to provide strengthening and multi-sensory input.

**\*\*PARENTAL SUPERVISION**

# Push-ups

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**Do push-ups against a wall or in a chair. Sit in a chair and push down the sides of the chair to lift bottom and feet off of the chair. Repeat 10x**



# Tug O' War

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Use a towel or old shirt or sock to play tug o' war. Playfully pull back and forth without going full force.

**\*\*PARENTAL SUPERVISION for safety**