

Occupational Therapists Home Activities



Occupational Therapy Home Activities

School isn't in session? Then let's work on fine motor, visual motor, visual perceptual, and many more skills at home!

The following activities are quick activities that each work on a variety of important skills!

Each activity should take between 5-20 minutes each.

****Parent supervision is needed for all activities.****

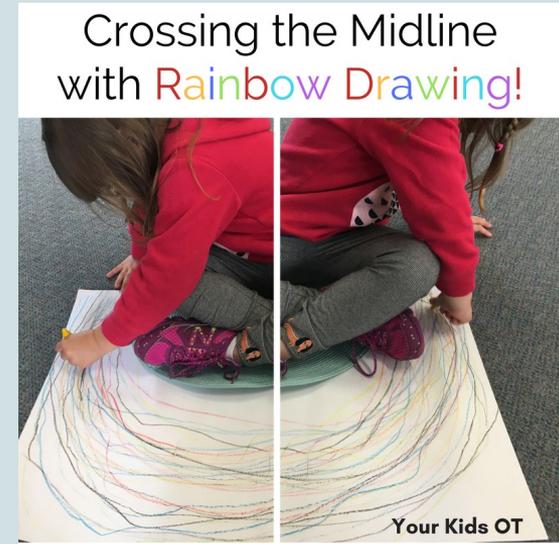
Stringing beads

1. Find household items such as beads, tube-shaped pasta (rigatoni, penne, etc.)
2. Find string
3. Have child hold string with non-dominant hand and thread the “bead” with the dominant hand.
4. Tip: tie together and make a necklace or bracelet!



Rainbow Arch

1. Place a large piece of paper on the floor.
2. Ask your child to sit on or below the paper.
3. Give the child crayons and ask them to draw an arch from one side to the other side.
4. You can grade this activity to meet their needs by:
 - a. Provide a visual demonstration
 - b. Cues as needed
 - c. Starting and ending dots on each side



Tong/Tweezer Fun!

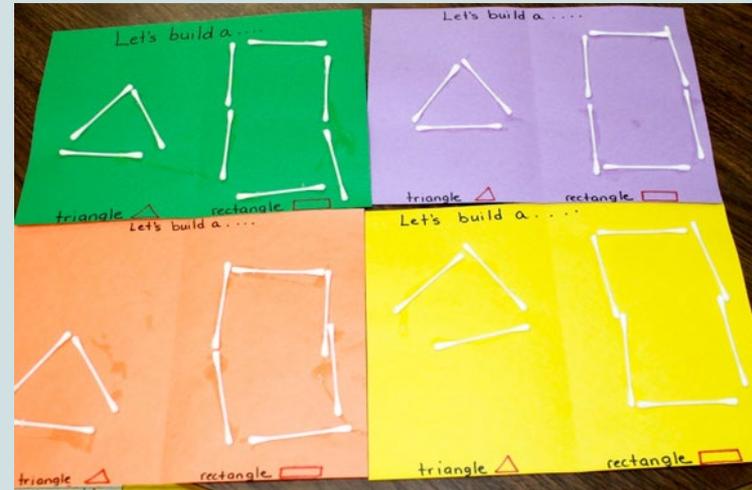
1. Find household items that can be picked up with tongs or tweezers... or just their fingers!
 - a. Items such as: pom poms, cotton balls, pasta, beans, small toys, etc.
2. Use tongs/tweezers to sort the items (can sort into water bottles, cupcake tins, etc),
3. Play “feed the animal”- use tongs and tweezers to “feed” food to animals (decorate water bottles or cups)

TIP: You can also use clothespins as an alternative to tongs/tweezers



Pre-Writing Shapes/Stroke

1. Find household items with straight sides such as popsicle sticks, Q-tips, pieces of spaghetti
2. Draw shapes with straight sides on the piece of paper (vertical line, horizontal line, triangle, square, rectangle, etc.)
3. Have your child use the items to “trace” the shapes



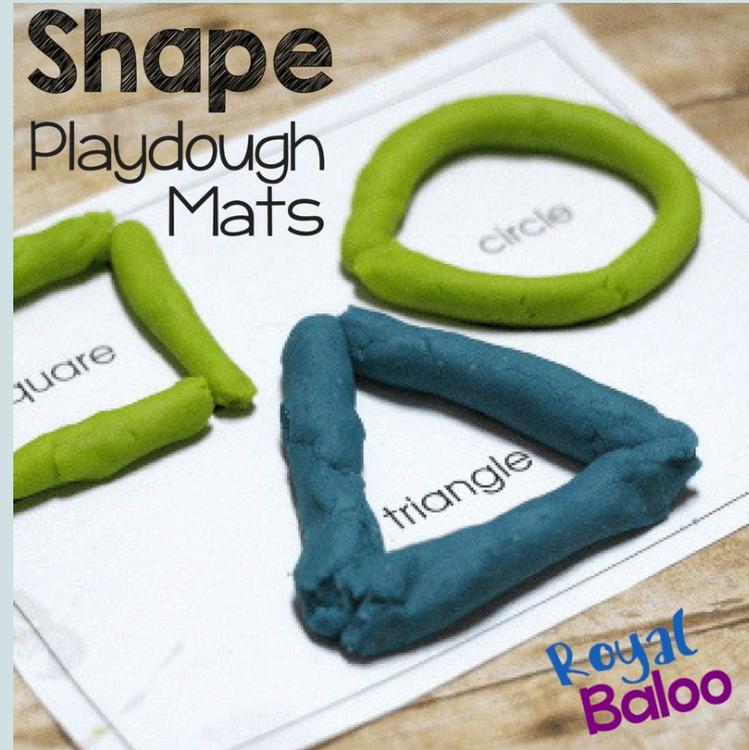
Build an Obstacle Course

1. Use household items and furniture to build an obstacle course!
2. Use couch cushions, blankets, and chairs to make tunnels and “stepping stones”
3. Place puzzle pieces on one side and a puzzle on the other
4. Have your child go through the obstacle course and place the pieces on the puzzle



Tactile Play

1. Play with playdoh, putty, or clay for hand strengthening activities:
 - a. Hide coins/small toys in putty and have your child find them
 - b. Roll logs, flatten pancakes
 - c. Make letters or shapes
 - d. Have your child hide coins for YOU to find :)



QTip Painting

1. Use q-tips or cotton balls (or paint brushes) to paint pictures
2. If you have access to a computer and printer, you can find q-tip painting pages online
3. If you don't have access to a computer or printer, you can draw a picture of your child to paint on or have them create their own



Gross Motor Fun!

1. Gross motor activities are great for strengthening the upper body, hands, and wrists muscles.
2. Play games that promote weight-bearing on the upper arms
 - a. Wheelbarrow walks
 - b. Act like an animal
 - c. Crawling through tunnels
3. Add some extra challenge by adding a puzzle or game into the play



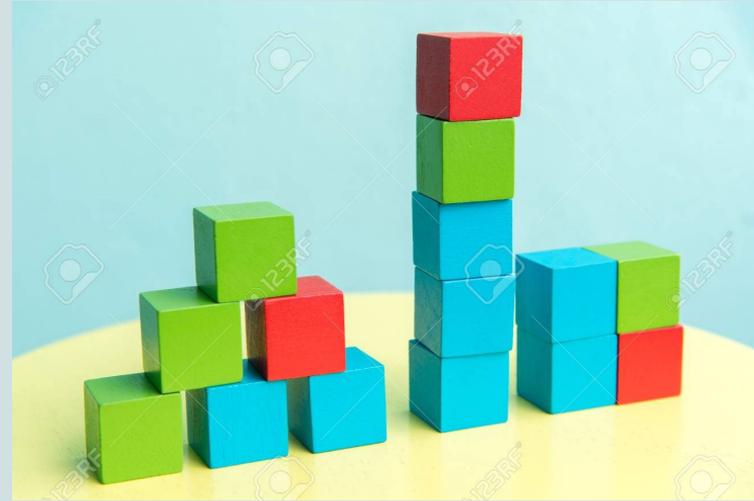
Floor Time

1. Laying belly down on the floor is another great way to strengthen the upper body/core muscles and is also a great way to encourage proper wrist positioning for writing activities.
2. Most activities can be done on the floor:
 - a. Drawing/coloring
 - b. Games
 - c. Puzzles
 - d. Fine motor activities
 - e. Sorting laundry with mom and dad
 - f. Playing with toys



Building with Blocks

1. Use blocks or other household items to stack and create designs with blocks
2. Make a design for your child and have them imitate the design, if they can.



Play Outside!

1. Draw/color/write with chalk
2. Collect and sort rocks, leaves, and sticks
3. Use sticks and stones to form letters or shapes
4. Blowing and popping bubbles (works on isolating fingers!)
5. Go to the park or play in your backyard
 - a. Playground/park equipment is great for providing sensory input to the body (slides, swings, monkey bars- all should be used with close parent supervision)



Helpful Websites

1. <https://www.ot-mom-learning-activities.com>
2. <https://cornerstoneautismcenter.com/about-autism/ot-sensory-ideas-home/>
3. Pinterest

