

**OT/PT eLearning Choice Board**

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Directions:** Review all activities. Complete two activities per week in the appropriate area as suggested by your therapist. Place a check by the activities you complete. Share your choices and work with your parents. Return your choice board and completed activities to your occupational or physical therapist when you return to school.

Parents can explore, give prompts, and/or assist with completing any or all of the tasks. You can do some of these activities multiple times or/and incorporate breaks.

FINE MOTOR	VISUAL MOTOR	GROSS MOTOR	SENSORY
<p><input type="checkbox"/> <b>Beads:</b> Use cheerios, fruit loops, dry pasta, empty toilet paper or paper towel rolls, or beads and string them on pipe cleaners, shoelaces, yarn. Decorate the beads and be creative!</p>	<p><input type="checkbox"/> <b>Standing Tall:</b> Attach paper to upright surfaces - refrigerator, cabinets, sliding glass doors, and have your child write or draw in vertical - practice shapes, lines, letters, or draw pictures of things around them.</p>	<p><input type="checkbox"/> <b>Play paper basketball:</b> Crumple up scrap paper, set up “hoops” around the room (clean trash cans, bowls, boxes) and practice catching and “shooting” the “basketballs” - works on jumping, ball skills, hand strength</p>	<p><input type="checkbox"/> <b>Messy Play:</b> Take a cookie sheet, plastic tray, or plastic bin and use shaving cream, pudding, bubble bath, foamy soap to draw shapes, lines, designs with both hands and/or feet (toe drawing!)</p>
<p><input type="checkbox"/> <b>Clothespin races:</b> Have “races” using clothespins, small tongs, or chip clips to pick up pompoms, cotton balls, small pieces of crumpled up paper, and transfer from one container to another.</p>	<p><input type="checkbox"/> <b>Playdough:</b> Use an online playdough recipe to make your own strengthening activity. Using the playdough, roll out into ropes using both hands or one hand, and form letters, shapes, designs</p>	<p><input type="checkbox"/> <b>Hop and Hunt:</b> Find different objects within the room and hop or jump to each object then place in a basket placed up high or down low to work on jumping, squat to stand, tiptoe.</p>	<p><input type="checkbox"/> <b>Go Camping Inside:</b> Relive your childhood and make a blanket fort in the living room using couch cushions, coffee tables, etc - put pillows and blankets inside with some quiet activities for a great “cool down” area</p>
<p><input type="checkbox"/> <b>Tearing Paper:</b> Using construction paper, old magazines, newspaper ads, and help your child tear the paper into small pieces. Then glue into designs to create mosaic pictures.</p>	<p><input type="checkbox"/> <b>Window Tracing:</b> Make silly pictures by putting different pieces of pictures on a window and having your child trace the parts - cow body, pig feet, goat head, etc.</p>	<p><input type="checkbox"/> <b>Animal Relays:</b> Make a game of getting from one place to another by “being” different animals - penguin (heel walking), giraffe (tiptoe), elephant (stomping), frog jumps, snake (belly crawl)</p>	<p><input type="checkbox"/> <b>Treasure Hunts:</b> Take a sealable bin or sealable plastic bag and fill in dry rice or dry beans - hide different objects (beads, small toys, cars, blocks) and see how many of each item they can find using both hands!</p>
<p><input type="checkbox"/> <b>Home Office:</b> Create a “home office” for your child - help him staple, fold paper, use a hole punch to organize their “work” while they are home</p>	<p><input type="checkbox"/> <b>Shape Hunt:</b> Using common household objects, help your child find the shapes and draw them using crayons, markers, or chalk</p>	<p><input type="checkbox"/> <b>Planking ABC’s:</b> Help your child get on all fours or hold a plank position, then have them raise their head and find an object in the room that starts with A, then B, and so on. Take breaks, but try to hold as long as possible!</p>	<p><input type="checkbox"/> <b>Yard work:</b> Get outside and let your child rake leaves, dig in the dirt, sweep the sidewalk, plant seeds and push the dirt into pots. Heavy work plus sensory input in all areas!</p>
<p><input type="checkbox"/> <b>Tiny Tug of War:</b> Play tug of war using objects held between your fingers and thumb - yarn, string, straws, pipe cleaners, etc.</p>	<p><input type="checkbox"/> <b>Water art:</b> Take a paintbrush (any size) and a container of water and have your child “paint” the driveway, deck, or sidewalk - make letters, shapes, drawings</p>	<p><input type="checkbox"/> <b>Play Simon Says:</b> Have your child copy what you say and what you do -- use all different positions - standing on one leg, turning around, crouching to the floor, standing back up.</p>	<p><input type="checkbox"/> <b>Moving Day:</b> To get heavy input - fill laundry baskets with clothes, books, toys, etc and have your child move the basket from one location to another by carrying or pushing</p>

<p><b>❑ Broken Crayons:</b> To promote a better pencil grasp - use golf pencils, break crayons and chalk into 2" sections, then draw or write with the little pieces (do not use if your child puts things in their mouth!)</p>	<p><b>❑ QTip Painting:</b> Draw different shapes, letters or numbers on paper. Using a Qtip dipped in non-toxic paint or small marker, have your child dot on top of all of the squares, or all of the G's, etc. Then have them color in the shape or write a word using the letter.</p>	<p><b>❑ Head, Shoulders, Knees and Toes:</b> Sing this song and do the motions with your child - works on transitions as well as body part identification! Can be done lying down to work on movement against gravity, in standing, or in sitting.</p>	<p><b>❑ Snack Time:</b> There are a lot of recipes on line that are kid friendly, and geared towards specialized diets. Helping you cook or bake "hands on" provides sensory input through kneading, mixing with their (washed!) hands, and texture exploration</p>
<p><b>❑ Spray Bottle Fun:</b> Using a clean spray bottle - fill with water and go outside to water plants, "draw" on concrete or rinse off chalk drawings to work on hand strength.</p>	<p><b>❑ Sidewalk Chalk:</b> Draw and write using sidewalk chalk outside -- put a towel down and lay on their tummy to help with shoulder stability while drawing, or on all fours to work on overall strength.</p>	<p><b>❑ Superman and the Egg:</b> Have your child lie on their tummy, extending their arms and legs off the floor with their head up and hold as long as they can. The roll over to their back and bring their knees and chin to their chest and hold. See if they can sing a short song or say a nursery rhyme while holding the position.</p>	<p><b>❑ Bubble Time:</b> Bubbles provide great calming input, visual input, tactile input. There are great activities and recipes online for bubble solutions and DIY bubble wands.</p>
<p><b>❑ Save the animals:</b> Hide beads or small plastic objects in play dough and help your child "save" the animals or objects by removing them from the playdough using their fingers and both hands to dig through.</p>	<p><b>❑ Yarn Art:</b> Draw, make shapes, letters, numbers, using old scraps of yarn or string. If you have elmer's glue or glue sticks around, trace the yarn on the glue to make permanent pictures.</p>	<p><b>❑ Walking the Tightrope:</b> On any surface - put down masking tape or painter's tape and have your child "Walk the tightrope" to work on balance. Make different designs with angles for a bigger challenge!</p>	<p><b>❑ Tactile Drawing:</b> Using their index finger, draw in sand, sugar, or playdough. Use crayons to color on fine grain sandpaper</p>
<p><b>❑ Origami:</b> Any size paper can be folded into squares for origami crafts, and some use regular printer paper. Patterns can be found online.</p>	<p><b>❑ Letter Dot to Dots:</b> Make letters and numbers into dot to dot games, helping your child to follow the correct sequence of dots to form the letter</p>	<p><b>❑ Hopscotch:</b> Go old school and make a Hopscotch board in your driveway with chalk or inside using squares of non-slip contact paper or tape - hop one one foot and both feet.</p>	<p><b>❑ Ideas for Quiet Time:</b> Turn off inside lights, use just natural light from the windows, play soft music, read or look at books while wrapped in a blanket or snuggled in your lap</p>
<p><b>❑ Rubber Band Games:</b> Have your child stretch rubber bands or hair bands around plastic bottles, broom handles, rolling pins. Place the bands around all of their fingers &amp; stretch their fingers open and shut on their own.</p>	<p><b>❑ Ideas for writers:</b> With a highlighter, draw boxes for each letter, or word to help with legibility. Highlight the baseline or every other line to give them a better idea of where to write.</p>	<p><b>❑ Movement ABC's:</b> Recite the alphabet, Days of the week, months, and assume a different position with each letter, day, month, etc.</p>	<p><b>❑ Ideas for Movement Time:</b> Set up breaks throughout the day, especially before transitions or stressful activities - GoNoodle has good movement activities you can use with your kids at home</p>