

OT Activities for Home

- Use a squirt/spray bottle.
 1. You can add food coloring to the water to have your child spray their name or shapes on a paper hanging on an easel or taped to the wall.
 2. You can squirt shaving cream off of the shower wall. Have your child practice writing letters, shapes, or numbers first!
- Use a large sponge to sop up water from one container and then squeeze it to transfer the water to a different container. You can make it a relay race with family members or friends!
- Play outside. Go to the park. Do different kinds of walking utilizing the whole body:
 - Frog Jump-Squat on the floor, placing hands on floor in front of you. Move both hands forward, then bring feet up to hands in jumping motion (remain in squatting position).
 - Bear Walk-With hands and feet on floor move right arm and leg forward simultaneously, then move left arm and leg.
 - Inchworm- Squat on the floor with hands in front. Keeping feet stable, walk hands forward as far as you can so that you are stretched out. Then keep hands stable and walk feet up to hands, back to squatting position.
 - Crab Walk-Lean back and put hands on floor behind you, walk backwards, using hands and feet alternately.
 - Wheelbarrow- Have your child lay on their stomach and support their upper body on both hands, fingers pointing forward. Hold on to their legs just above the ankles and lift both legs to walk forward on hands. If fingers turn out, knees bend, or your child is unable to stay up, move your hands above knees to provide more support.
- Cutting with scissors on different thicknesses of paper, play-dough, putty, etc. Be sure that they have their “thumbs up.” The Kumon Cutting book is an excellent resource!
- Maze & dot-to-dot games are another great activity that you can throw in a bag to use while waiting at doctor’s appointments or in the car (Kumon has great resources for these as well.)
- Use a single-hole punch on various thicknesses of paper. Cleaning up all the different punched holes is a great fingertip work out!
- Screwing and unscrewing jar lids can help develop hand strength. The amount of strength needed can be graded by how tightly the lids are put on. Try “hiding” little surprises inside to make it more of a game.
- Play with play-dough or modeling clay. Use the kitchen rolling pin, too!
- Play with small connectable toys and wind-up toys. Such as K’Nex, Lego, Pop Beads, wind-up trains and cars or even Mr. Potato Head.
- Finger-paint or paint with a paintbrush at a standing easel or on a piece of large paper taped to the wall. You can paint with ice cubes and food coloring, too!
- Practice your letters with ice cubes. You can freeze ice cubes with food coloring for some more color. :)

- Trace the outline of your child on a large piece of paper, tape it to the wall and have them fill in the facial features, color clothing, etc.
- Crumbling paper with one hand, tearing paper, and folding paper are great ways to work on strengthening the hands. Origami kits, paper airplanes, or even ideas you find on the internet (pinterest is great!) can be lots of fun.
- Helping with chores such as holding open public doors, pushing the shopping cart, dusting, wiping down the table, setting the table, pushing the vacuum cleaner.
- Cooking activities that require stirring (mixing the ingredients) are excellent for developing hand strength (see the play-dough recipe, below!)
- Play games with tongs or clothespins where your child has to pick up small items. Games like Operation or Wok & Roll are great!
- When you get a package, save the bubble wrap and have your child pop all of the bubbles.
- Practice fasteners (buttons/zippers) with dress-up activities.
- Family games such as Connect Four, Spot it!, Trouble, and Guess Who work on a variety of skills!
- Have your child write to a penpal, cousin, or grandparent over the summer to practice their writing!
- Some of my favorite apps for students are Letter School & Dexteria. Have your child use a stylus to help with their grip!

PLAY DOUGH RECIPE

1 cup flour

1 cup water

½ cup of salt

1 Tbsp. Cooking oil

2 tsp. cream of tartar

Food coloring

Mix all ingredients and stir constantly over medium heat. While stirring, add food coloring to desired color. Mixture will quickly turn into dough-like substance and form a ball. Take out of pan and knead with fingers. Store in an airtight container or plastic bag.