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Occupational Therapy Home Activities

Below is a list of activity ideas that your child can do at home to continue to work on their fine motor, visual motor, visual perceptual skills and more! Have fun!

Fine Motor:

- String cheerios, fruit loops, pasta, beads onto lace or pipe cleaners
- Use a spray bottle to water flowers or plants, spray an outside wall, use in the bath
- Place coins into a piggy bank
- Use tongs/tweezers/fingers to pick up small objects such as pompoms or cotton balls and sort into containers; pick up snack items such as cheerios, raisins, small marshmallows with tweezers to make snack bags, practice opening and closing zip lock bags
- Play with play dough - squeeze, roll, flatten, use play dough tools, find hidden objects such as beads, buttons, or coins, form letters/numbers/shapes, use toothpicks to make designs
- Use Legos, blocks, or any type of building toy
- Squeeze clothespins - place clothespins around a container or paper plate, use clothespins to pick up small objects such as pompoms, cotton balls
- Practice buttoning, snapping, zipping on clothing
- Tear tissue paper and crumple into small balls to make an art project/tear construction paper
- Wrap rubber bands around a can
- Turn lids on/off different size jars
- Baking activities - stirring, kneading dough, use rolling pin, cookie cutters
- Use stamps, peel stickers, make a card for someone
- Play games such as Connect Four, Hi Ho Cherry-O, Lite-Brite, Operation, Ants in the Pants, Don't Break the Ice, Bed Bugs, Trouble, Perfection, Topple, Battleship, card games, board games with small pieces

Visual Motor/Visual Perceptual:

- Puzzles
- Connect the Dots
- Mazes
- Word searches
- Hidden pictures, Where's Waldo

- Play I Spy
- Paint or color by number
- Color in coloring books
- Color, draw, or write on an easel
- Scavenger hunt - in the house or outside
- Bat a balloon around - keep it in the air
- Cutting activities - cut straws (use pieces to make a necklace!), cut paper with varying thickness, magazines, make collages
- Fold paper into shapes, origami
- Help with folding towels, match socks
- Lacing cards, lace and unlace shoes, practice tying shoes
- Draw or write in a journal

Sensorimotor:

- Practice letter, number, and shape formation in shaving cream, salt, sand, pudding
- Animal walks - crab, bear, worm, dog, frog, bunny
- Wheelbarrow walking - child walks on hands while adult holds ankles
- Yoga poses
- Do a puzzle, look at books, or color while lying on belly propped up on elbows
- Play Simon Says
- Dance/freeze dance
- Catching, throwing, kicking balls
- Help carry in groceries, put away groceries
- Carry a small laundry basket
- Exercises: jumping on a trampoline, jumping jacks, push-ups/wall push-ups
- Explore textures - find hidden objects in dry rice, beans, pasta, sand, sugar, oatmeal
- Play Outside!

Websites:

Abcya.com

Dltk-kids.com

Makinglearningfun.com

Gonoodle.com

Cosmickids.com (yoga poses)