



OT HOME PROGRAM

Home program for : _____

The following list of ideas of activities that can help improve specific skills. Please do the activities in the category that have been checked.

The following activities help to strengthen the upper body including the trunk, shoulders arms and hands.

- Wheel barrow walks, animal walks (walking on hands and knees)
- Monkey bars
- Wall Push Ups
- Write, draw, color and do activities on a vertical surface, (easel, dry erase board, or chalkboard).
- Using a scooter board in a prone position

These activities help with fine motor coordination:

- Manipulating small toys or objects such as Legos
- Manipulating play dough and using play dough tools
- Using clothespins and/or tweezers for placing
- Stringing
- Lacing
- Stretching rubber bands
- Screwing and unscrewing nuts and bolts
- Squeezing a hole punch, stapler and glue
- Removing lids from jars, Tupperware containers, etc.



All these activities help to strengthen postural muscles:

- Swinging
- Spinning either at a playground, in a chair or on a sit and spin
- Sliding
- Riding a bike or scooter
- Jumping
- Jogging
- Rocking in a rocking chair
- Sitting or perching on a ball
- Tummy down and head up activities, (lying prone on floor supported by elbows, for reading, homework etc.)
- Somersaulting
- Rolling left and right

These activities provide deep pressure in your muscles and joints and help with gross motor coordination and self-regulation:

- Carrying heavy loads including books, blocks, pails of water
- Pushing and pulling a vacuum, rake, heavy boxes, a heavy wagon
- Hanging by arms
- Tug of war
- Playing catch



These activities can also help with calming the body down and reducing touch sensitivity:

- Blowing bubbles
- Blowing through a straw to move packing peanuts
- Sucking using a straw or water bottle
- Use a straw to blow through to move a cotton ball across the table
- Chewing gum, fruit leather or beef jerky
- Chewing crunchy foods

These activities will not only help with promoting fine motor coordination, but also helps with reducing touch sensitivity:

- Using different materials to draw letters, numbers and/or shapes in such as sand, glue, pudding, paint or shaving cream
- Playing with or in sand
- Playing with or in water
- Drawing shapes, letters and numbers on child's back, hands, arms etc.

Please feel free to contact me if you have any questions.
Thank you,

[name]

Occupational Therapist, Registered and Licensed



schoolbasedot.com

2007 N C Kukuk