

OT Activities for Home

Fine Motor	Hand Strength	Sensory Act	Visual Perception	Gross Motor
Have your child string beads or noodles	Have your child help make a salad by cutting up the lettuce with scissors (after washing the scissors with hot water and soap)	Have your child play in the sink with water and make bubbles out of dish soap. Have them blow bubbles in the water with a straw or whip them with a whisk	Play I Spy with your child using a favorite stuffed animal or item from home	Set up a mini obstacle course outside or in your living room
Have your child paint a picture with a Q-Tip	Using a hole punch to cut out designs	Sand play/cooked noodles to play in (fan favorite)	Where's Waldo games	Animals walks around the house or outside ie: bear crawls, slithering like a snake, army crawls, crab walks
Coloring book activities/color by numbers	Using a spray bottle to help wash windows, tables, or watering plants	Yoga A great website is cosmickidsyoga.com	Word searches Online resource thewordsearch.com	Simon Says Add a social element of face timing with a peer!
Clothespins activities, tongs/tweezers see attached	Finger olympics see attached	Shaving cream play	Puzzles digipuzzle.net	Gonoodle.com Suggestions: redcarpet Banana banana meatball
Rubberband, playdoh play see attached	Baking! Great for hand strengthening mixing, whisking, chopping!	Baking! Great way for kids to explore different sensory items	Mazes	Hopscotch, hula hoops, freeze dance,

