

OT/PT Optional Learning Opportunities

For the week of April 1, 2020

Topic	Topic & Web Address	Description & Recommendations for use
Fine Motor 	50 Ideas for Fine Motor Activities	Select anything from this list to keep hand muscles developing!
	Art for Kids Hub You Tube Channel	Step by Step directions for drawing anything from animals to cartoon characters.
	LEGO Challenges	30 Days of Lego building prompts
Writing 	Write letters to family members and mail them.	Click the link for letter writing prompts.
	Work vertically	Draw with chalk on the fence. Use a clipboard, binder as a slant board, or tape paper to the wall to get kids writing on a vertical surface to strengthen muscles and get good positioning.
	Write lists	Have your child write lists, there are ideas for different list topics, preschool and up in the link.
Physical/Mental Health 	GoNoodle	Get moving with interactive gross motor games. Can be done on the computer or downloaded through the app onto a phone.
	Wheelchair leg ROM	Video directions for leg range of motion exercises while in a wheelchair.
	Aerobic exercise	Standing and sitting aerobic exercises
Life Skills 	Practice shoe tying	There are a variety of shoe tying videos. Practice this skill with your kiddo!
	Fold Laundry	Have your child help fold the laundry. It's an important life skill, and takes something off your plate as a parent.
	Snack prep	Have your child prepare their own snacks, with varying levels of steps.
Family Activities 	Puzzle	Do a large puzzle as a family.
	Scavenger Hunt	Take the family on a walk allowing your child to walk, ride in a stroller, or in a wheelchair.
	Dance Party	Play some music and get dancing together!

Self Regulation



[Prepare for tabletop or computer work](#)

Follow this routine:
~ 10/7s, 10 squeezes on the palm of your hand, 7 squeezes from your wrist to your shoulder - EACH arm
~ Arm pretzels to count of 10
~ Deep belly breaths with hand on stomach and hand over heart
~ Listening ears (ear massage) to count of 10

[Calm and focus](#)

A video with different sensory techniques to help calm and focus your child.

[Heavy Work Ideas for Home](#)

Many home activities that can benefit the household can benefit your child's self regulation. Check out this list of heavy work ideas for the home, work one into their routine every 60-90 minutes throughout the day!