School-Based Occupational and Physical Therapy

Practical Home Activities

By Lois Goodin, PT, DPT, PCS and Lien Vo, OTR, MOT
Home strategies

- Fine motor skills
- Self-care skills
- Gross motor skills
- Sensory activities
Fine Motor Skills

Coloring

Reading a book together

**Rainbow** writing words, names, letters

Writing and drawing on cards/letters to family and friends

Filling a full-size blanket with books/toys and pulling it up and down hallway

Squeezing sponges/washcloths and wiping tables and/or walls
Self-Care Skills

Encourage child to practice proper hand hygiene with water and soap with any 20-second song

Encourage child to dress independently as much as possible

Cleaning up after eating

Picking up clothes to put in laundry basket
Sensory Activities

Bubble play
Soft/classical music
Dim lighting in play area
Playdough/slime play
Stacking pillows on tummy
Wear winter gloves if child gets anxious and starts grabbing/pinching to prevent injury
Rolling child in a blanket and then unroll for deep pressure (with head exposed)
Games

Legos

Placing a paper ball on spoon and race

Ball play (throw/catch)

Any board or card games

Tic Tac Toe

Hide and Seek or tag
Gross Motor and Functional Mobility

Go for a walk

Scavenger Hunts

Dance party

Create obstacle course in house

Youtube or other movement videos for study breaks

Use choice board or token system to encourage movement activities

Schedule it. But most importantly - HAVE FUN
“PLAY IS OUR BRAIN’S FAVORITE WAY OF LEARNING.”
-Diane Ackerman

www.gryphonhouse.com · #quotes
Resources

Smart tablet apps (short stylus recommended):
- Letter School (free)
- Sky Burger (free)
- Finger Paint With Sounds (free)
- Timo (free): schedule/routine for daily self-care skills

Learning Without Tears (Limited-time for free computerized handwriting and typing program)
https://www.lwtears.com/
Resources

Youtube-

- NCHPAD - National Center for Health, Physical Activity and Disability
- PE with Joe
- Go Noodle
- Inspired Treehouse
- Search on Youtube - kids workout videos

Cosmic Yoga Kids
Resources

Buggyandbuddy.com - free scavenger hunt pages

Got questions about special education in Texas?

Email: inquire@spedtex.org  www.spedtex.org  Chat with us online