



School-Based Occupational and Physical Therapy

Practical Home Activities

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Fine motor skills

Self-care skills

**Home
strategies**

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

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

<https://www.themeasuredmom.com/indoor-gross-motor-activities/>



Got questions about
special education in Texas?



SPEDTEX
Special Education Information Center

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



Collaborative Project

