

# PT/OT Home Activities

*\*All activities required adult supervision and assistance such as hand over hand. These are just suggestions for home.*

## DIY SENSORY BINS

1. Find a medium sized container or shoebox
2. Find items in your house they can be used for a sensory bin (uncooked beans, uncooked rice, uncooked pasta, etc.)
3. Ask your child to help you fill the box halfway (you can draw a line and have them fill it to the line for an extra challenge!)
4. Hide items in the box, such as puzzle pieces and toys.
5. Have your child find items and then place them on the gameboard or puzzle.



- Use hands, a cup, a spoon , a smaller container
- Work in standing, kneeling on your knees and sitting

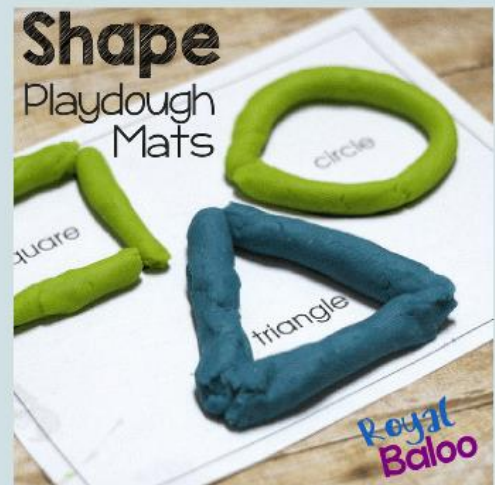
## BUILD AN OBSTACLE COURSE

1. Use household items and furniture to build an obstacle course!
2. Use couch cushions, blankets, and chairs to make tunnels and “stepping stones”
3. Place puzzle pieces on one side and a puzzle on the other
4. Have your child go through the obstacle course and place the pieces on the puzzle



## TACTILE PLAY

1. Play with playdoh, putty, or clay for hand strengthening activities:
  - a. Hide coins/small toys in putty and have your child find them
  - b. Roll logs, flatten pancakes
  - c. Make letters or shapes
  - d. Have your child hide coins for YOU to find :)



- Work in standing, kneeling on your knees and sitting
- Use a fork for piercing
- Use a spoon for scooping
- Use knife to cut
- Use cookie cutters

## Q-TIP PAINTING

1. Use q-tips or cotton balls (or paint brushes) to paint pictures
2. If you have access to a computer and printer, you can find q-tip painting pages online
3. If you don't have access to a computer or printer, you can draw a picture of your child to paint on or have them create their own



- Work in standing, on your belly, kneeling on your knees and sitting

## FLOOR TIME

1. Laying belly down on the floor is another great way to strengthen the upper body/core muscles and is also a great way to encourage proper wrist positioning for writing activities.
2. Most activities can be done on the floor:
  - a. Drawing/coloring
  - b. Games
  - c. Puzzles
  - d. Fine motor activities
  - e. Sorting laundry with mom and dad
  - f. Playing with toys



## BUILDING WITH BLOCKS

1. Use blocks or other household items to stack and create designs with blocks
2. Make a design for your child and have them imitate the design, if they can.



- Work in standing, on your belly, kneeling on your knees and sitting

## PLAY OUTSIDE!

1. Draw/color/write with chalk
2. Collect and sort rocks, leaves, and sticks
3. Use sticks and stones to form letters or shapes
4. Blowing and popping bubbles (works on isolating fingers!)
5. Go to the park or play in your backyard
  - a. At this time, it is not recommended to play on playground equipment unless it is in your backyard and not touched by other children
  - b. However, riding bikes, walking, running, skipping, jumping, hopping, completing jumping jacks and other non physical contact activities are all excellent activities to complete at the park





# VOCATIONAL SKILLS FOR ALL AGES

1. Have your child participate in household chores with you when they are home!
  - a. Folding towels/clothes
  - b. Sweeping and using the vacuum
  - c. Wiping down tables
  - d. Cleaning windows
  - e. Putting their clothes and toys away
  - f. Putting clothes in the washer
  - g. Cleaning dishes
  - h. Cooking simple meals or snacks

