

OT Fun at Home!

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Fine Motor and Visual Motor Skills:

- Painting with a q-tip
 - Try dotting over a circle, square, letters of their names
 - There are a lot of q-tip painting templates on google images to print out
 - search “q-tip painting”
- Dress/undress Barbie’s/other dolls in the house
 - Try changing the doll’s outfits with the Velcro strip
 - Using hand muscles and fine motor skills to manipulate the clothing
- String pasta onto string
 - Color/paint it after to make a necklace or bracelet



- Play-doh
 - Playing with play-doh is a great way to strengthen the muscles in the hand while pushing down the stencils and manipulating the dough
- Building Legos or blocks
 - Build a tower and have your child try to make the same one as yours
- Pom pom egg carton color matching
 - Color egg carton slots with a color
 - Match the colored pom poms to the color of the slot in the carton
 - If you don’t have different colored pom poms, you can paint cotton balls with your child



Positioning

While doing any of these simple activities or other activities done at home, you can change up the position of the child to promote the strengthening of the core muscles and upper body.

- On their belly – helps with shoulder and head control
 - Try this position while doing a puzzle
 - Coloring with chalk outside the house



- Against an elevated surface
 - Easel or binder – promotes strengthening in the wrist when coloring
- Standing on knees
 - Promotes core strengthening necessary to maintain upright body positioning while seated at the table

**TALL
KNEEL**



**ONE-HALF
KNEEL**



What to try outdoors when it is warm!

- Wheelbarrow walking race
 - Support child at hips or ankles – promotes upper body strengthening
- Yoga poses
 - Many different yoga poses promote core strengthening and upper body strengthening
 - Has a calming effect for some
 - Go to youtube.com and search “Alphabet Yoga A-Z”



*this is what the video looks like

- Chalk
 - Good for writing skills
 - Color inside a picture or shape
- Set up obstacle course with any spare materials from the house
 - Chairs, cones, rope, balls, hula hoops, pool noodles