

Dear Parents,

The following are Occupational Therapy activities for your child to engage in one or two times/ week, depending on their IEP recommendations.

For my K-2 students:

Begin session with a yoga activity
Cosmic Kids Yoga (u-tube)

Choose one activity from education.com fine motor skill activities. Pick an activity according to your child's grade. Record results

You can also choose an alternate activity from the following websites(all free):

-teaching 2and3yearolds.com- these activities are geared for 5-6 year old children(and older), using materials found in your house.

-handsonaswegrow.com- fine motor activities using materials you have at home.

For my students in grades 2-3 and up

Begin with yoga or brain gym exercises- both on u-tube

choose a fine motor skill activity for your grade level from education.com.
record what activity you choose

Finish with

-typing.com

record your session results

Play cards and board games if you have them. Do puzzles. Use supermarket flyers and pick a letter/word to look for and circle them. Blow up a balloon and tap it around. If you have scissors, paper, glue-draw shapes, lines etc and cut out. Make collages with cut shapes.

Make playdoh:

Best Ever No-Cook Play Dough Recipe

1. 2 cups plain flour (all purpose)
2. 2 tablespoons vegetable oil (baby oil and coconut oil work too)
3. 1/2 cup salt.
4. 2 tablespoons cream of tartar.
5. 1 to 1.5 cups boiling water (adding in increments until it feels just right)
6. gel food coloring (optional)
7. few drops glycerine (my secret ingredient for stretch and shine!)(optional)

Additional support information:

<https://www.schools.nyc.gov/learning/learn-at-home/diverse-learning-for-special-populations>

I will be staying in touch via e-mail. amccandless@saintjosephs.org

Any questions or help, please contact me.

Stay Well!

“Ms M”