

Interim Occupational Therapy and Physical Therapy Activities - March 2020

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Attached are some suggestions for fine motor, gross motor, graphomotor, ADL, visual perceptual, and sensory activities that can be carried out at home during this interim period. These activities are meant to be used as a guideline. Please choose activities based upon your child's abilities and tolerance, and supervise accordingly. Handouts are attached for your convenience.

Fine Motor:

- Coloring
- Building with blocks, legos, etc.
- PlayDoh, clay, etc. (see attached recipe)
 - *put coins, or small objects into dough, then pick out
 - *make things out of dough
- Board games
- Lacing cards
- Snap beads

Gross Motor:

Please refer to attached handouts.

Graphomotor:

- Trace highlighted lines, letters, words and shapes
- Use various writing tools and surfaces (chalk, pencil, crayons, markers, white board)
- Copy/ write words, sentences from books or magazines
- Writing sheet attached

Visual Perceptual:

- Puzzles
- Reading books
- Mazes

ADL's

- Hand washing
- Dressing
- Fasteners (buttons, snaps, zippers, buckles)
- Shoelaces (see attached sheet)
- HOME activities sheet attached

Sensory

- Hand washing
- Hand lotion
- Water toys
- "Treasure Hunt" for objects hidden in sand, beans, rice...
- Shaving cream play

HOW TO MAKE PLAYDOUGH

Playdough ingredients:

- 2 cups all-purpose flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil (coconut oil works too)
- Food coloring, optional
- Quart sized bags

Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one color, add in the the color now as well. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside a gallon sized bag or onto wax paper. Allow to cool slightly and then knead until smooth. If you're adding colors after, divide the dough into balls (for how many colors you want) and then add the dough into the quart sized bags. Start with about 5 drops of color and add more to brighten it. Knead the dough, while inside the bag so it doesn't stain your hands. Once it's all mixed together you're ready to PLAY.



Naturally-Occurring Activities Within the Home (used to design a sensory diet with the family):

1. Carry heavy items (baskets with cardboard blocks, groceries for Mom, etc.).
2. Chew gum, eat chewy or crunchy foods, or sip water from a water bottle with a straw while doing homework.
3. Push or pull boxes with toys or a few books in it (more resistance is provided if boxes are pushed/pulled across a carpeted floor).
4. Fill a pillowcase with a few stuffed animals in it for weight. Child can then push or pull the pillowcase up a ramp, incline or stairs.
5. Take the cushions off sofas, vacuum under them, then put them back. Can also climb on them or jump and "crash" into them.
6. Pull other children around on a sheet or blanket.
7. Roller skate/rollerblade uphill.
8. Pull a heavy trash can.
9. Perform household chores, such as:
 - ☐ vacuuming,
 - ☐ sweeping,
 - ☐ mopping,
 - ☐ dusting,
 - ☐ carrying the laundry basket,
 - ☐ wiping off the table after dinner,
 - ☐ carrying buckets of water to clean with or to water flowers/plants/trees,
 - ☐ cleaning windows or the fronts of appliances, using a spray bottle,
 - ☐ scrubbing rough surfaces with a brush, and
 - ☐ helping change the sheets on the bed (then tossing the linens down the stairs).
10. Perform yard work, such as:
 - ☐ mowing the lawn,
 - ☐ raking the grass/leaves,
 - ☐ pushing the wheelbarrow,
 - ☐ shoveling sand into a wheelbarrow, pushing the wheelbarrow to a spot, dumping out sand and using a rake to level it out (functional for filling in low spots in backyard).
 - ☐ digging dirt to help plant flowers.
11. Pull a friend or heavy items in a wagon.
12. Push a friend in a wheelbarrow.
13. Drink thick liquids (as in milkshake, applesauce, or Slurpy) through a straw. The thickness of the straw and the thickness of the liquid can be varied to change the degree of heavy work (sucking) required.
14. Carry heavy cushions.
15. Have pillow fights.
16. Play in sandbox with damp heavy sand.
17. Push chairs into the table after a meal.
18. Push a child's cart filled with cans and then put the cans away on a low shelf so that the child has to be on hands and knees (a weight bearing position) to put the cans away.
19. Participate in activities such as gymnastics, horseback riding, wrestling, karate, swimming (can also have child dive after weighted sticks thrown in pool).
20. Bathe the dog.
21. Wash the car.
22. Jump or climb in inner tubes.
23. Fill up a small suitcase with heavy items (such as books) and push/pull the suitcase across the room.
24. Pull a small suitcase on wheels.
25. Go "shopping" with a child's shopping cart filled with items, or have the child push the shopping cart when you go shopping.
26. Go "camping" by pulling a heavy blanket pulled across a few chairs.
27. Rearrange bedroom furniture.
28. Put large toys and equipment away.
29. Participate in climbing activities (such as playground equipment).
30. Swing from the trapeze bar.
31. Push against a wall.
32. Fill up big toy trucks with heavy blocks, push with both hands to knock things down.
33. Participate in sports activities involving running and jumping.
34. On hands and knees, color a "rainbow" with large paper on the floor or with sidewalk chalk outside.
35. Play "cars" under the kitchen table where the child pushes the car with one hand while creeping and weight bearing on the other hand.
36. Walk up a ramp or incline.
37. Make wood projects requiring sanding and hammering.
38. Play a pushing game where two people lock hands facing each other and try to see who can push and make the other person step back first. Use other body parts also, but be sure to have rules (no hitting, no biting, no scratching, one person says stop then both stop).
39. Sit on the floor, back to back, with knees bent and feet flat on the floor. Interlock arms, and then try to stand up at the same time.
40. Play "row, row, row your boat" both sitting on the floor, pushing and pulling each other.
41. Open doors for people.
42. Do chair push-ups.
43. Play jumping games such as hopscotch and jump rope.
44. Jump on a mini trampoline.
45. Bounce on a Hippiity Hop Ball.
46. Play catch with a heavy ball, or bounce and roll a heavy ball.
47. Do animal walks (crab walk, bear walk, army crawl).
48. Stack chairs.



Adult Tips

If a child is interested in gymnastics, talk to his or her physical education teacher and find out more about the school's gymnastics program. If the child shows a strong aptitude and commitment to this specialized sport, the next step is to interview reputable gymnastics coaches. Ask them about their policy on training and injuries and their philosophy on positive reinforcement.

Have you ever seen Olympic gymnasts on TV? They make their bodies do twists and turns that seem almost impossible. They are so flexible it sometimes looks like they don't have any bones at all! They have trained long and hard to be able to do such difficult routines.

Here are some fun activities that can make your body stronger and your gymnastics routines even better!

1 Play catch on your back!
You'll need a partner for this game. Both of you should lie on your backs with your knees bent and your feet flat on the floor. Lift your heads up and toss a ball back and forth to each other. How long can you do it? Remember to keep your heads up! While you're having fun, you're making your stomach muscles stronger.



2 Meow!
Have you ever seen a cat stretch its back? Well, it's not hard to make your back like a cat's. Here's how: Get down on all-fours and then tuck your tummy in and try and make your back arch way up high. This is how a kitty stretches its lower back muscles. Your lower back muscles get a good stretch, too!



3 It's a bird, it's a plane!
Lie on your stomach with your arms out to your sides and pretend you're an airplane getting ready for takeoff. As you're going down the runway, lift your head and shoulders off the floor as high as you can. When you come in for a landing, put your head and arms back down again. Your takeoffs and landings are making your back muscles stronger!





Shoelace Tie

- 1. Make an X**
- 2. Tuck under**
- 3. Pull tight**
- 4. Make a bunny ear**
- 5. Make another bunny ear**
- 6. Make an X**
- 7. Tuck under**
- 8. Pull tight**

HOME

- *Remove warm laundry from the dryer and place into a laundry basket
- *Baking:
 - Knead dough
 - Roll dough into small balls
 - Press balls into round flattened circles
 - Roll dough into long snakes using two hands
- *Assist with washing dishes using sponges, non-abrasive scrubbers
- *Wash windows/tables, water plants using a trigger spray bottle
- *Assist with sweeping, mopping, raking, shoveling (child size tools)
- *Pushing/pulling activities:
 - Assist in moving objects from one place to another
 - kneel and push with hands
 - sit and push with feet
 - carry in arms
 - use a small wheel barrow/wagon
- *Assist with making the bed:
 - push pillows into pillow cases
 - Spread sheets and blankets
- *Rip/tear up junk mail and sprinkle into the garbage
- *Encourage the child to clean up toys
- *Encourage the child to dress/undress self as much as possible in order to develop body awareness and independence
- *Before and after bath time, rub the child's arms, legs and body with a large towel using deep pressure. Have the child do it to him/herself

Miscellaneous Activities

*Obstacle Courses

Follow a designated course

Crawl under, over, through and between objects
(i.e. chairs, boxes, pillows)

*Simon says

*Throw/catch (various sized balls)

*Wheel barrow walking (child walks on hands while someone supports child at hips from behind)

*Utilize a sheet or blanket as a parachute

Movements: up, down, run/jump underneath or around the chute while the chute is held in the air by others

*Hot dog/pizza/sandwich game

Have the child lie down and roll up into a large blanket

Have the child call out (i.e. an item to be placed on a pizza: cheese or in a sandwich)

With your hands or a medium to large ball, rub the child's body or roll the ball over the child's body (arms, legs, back etc.)

*Provide large firm bear hugs

*trampoline

*Quiet time

tunnel

bean bag chair

indoor play tent, sleeping bag

Occupational Therapy and Physical Therapy Resources and References

American Occupational Therapy Association - AOTA.org

American Physical Therapy Association – APTA.org

1heartnaptime.net

OTPlan:OT Activity Ideas – theottoolbox.com

info@therapyshoppe.com

American Physical Therapy Association, *Fit Kids*, Volume1/Issue 1, p8.

Huber-Lopez, E, and Irissaua, D. (2003) All work & some play, *Advance for Physical Therapists & PT Assistants*. P.58.