

OCCUPATIONAL THERAPY HOME-BASED ACTIVITIES

Our home environments can provide children with opportunities to build on multiple skills. Home-based activities may support a child's growing, learning and playing with various household items.

<p>Gross Motor Activities</p> <ul style="list-style-type: none">• Hopscotch on pillows or couch cushions (for hopping and jumping)• Simon Says (for body awareness and movement planning)• Wheelbarrow walking races (for upper-body strength)• Climbing up and over objects (such as large pillows, to increase overall body strength)• Throw, catch and kick a ball or balloon (for coordination practice)• Animal walks (pretend to walk like an animal for body awareness and overall strength)• Running Races (for endurance and movement)• Batting with balloons (for hand-eye coordination)• Obstacle course (for body awareness and overall movement)• GoNoodle.com	<p>Activities of Daily Living</p> <ul style="list-style-type: none">• Toothbrushing activities (Play games, e.g. Crocodile Dentist, engage in pretend play)• Kitchen Skills (Cut a banana, make a sandwich, follow a recipe, bake cookies)• Prepare and clean up a family meal (Find ingredients, make food, set the table, wash/clean dishes)• Tie shoelaces• Dressing Skills (Play dress-up games to practice using buttons, zippers, and Velcro)• Set up a grooming salon (Engage in pretend play with toy animals or with pets)• Practice handwashing after completing crafts and various activities• Folding laundry• Making a bed• Sweep the floor
<p>Play and Social Skills</p> <ul style="list-style-type: none">• Board games• Team Pictionary• Charades• Puzzles• Card games• Sensory rich play (incorporating smell, touch, sound, vision and movement)• Manipulative play (using play dough, LEGOs, building sets)• Use common objects for pretend play or building (pots and pans, empty boxes, spools of thread, shoelaces, wooden spoons, pillows, blankets)	<p>Apps and Technology</p> <ul style="list-style-type: none">• Planning-3030 Working Memory App• Quizlet• Brainwell – Brain Training & Memory Games• Google Calendar• Little Writer – The Tracing App for Kids• CoWriter Universal• SnapType• Visual Countdown Timer• 123s ABCs Learn Handwriting• Handwriting Without Tears: Wet-Dry-Try app• Microsoft 365• Learning Without Tears website (Printing and Keyboarding)