

COVID-19: Occupational Therapy Activities for Home

 Gross Motor

 Fine Motor

 Executive Function

 Visual Motor

 Sensory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p></p> <ul style="list-style-type: none"> -Crab walk from your bedroom to the kitchen. -Q-tip painting -Organize your room and do a weekly "spot check." -Pencil mazes. -Make slime. 	<p></p> <ul style="list-style-type: none"> -Crawl over the bed. -Water play with spray bottles. -Clean your room once a day. -Draw a big figure-8 in the air. -Ice painting. 	<p></p> <ul style="list-style-type: none"> -Jumping jacks. -Hole punch craft. -Make sure you have everything you need before you leave the house. -Play flashlight tag with your eyes. -Toy wash. 	<p></p> <ul style="list-style-type: none"> -Ride a bicycle outside. -Play dough cutting. -Complete your chores on time. -Bean bag toss. -Rain cloud experiment (shaving cream, water, color). 	<p></p> <ul style="list-style-type: none"> -Army crawl. -Clothespin games. -Write reminders in your calendar/agenda. -Connect the dots. -Sensory bin (water beads, rice, beans). 	<p></p> <ul style="list-style-type: none"> -Play catch in tall kneeling. -Eye dropper art craft. -Set up the table before dinner time. -Design Copy. -Spin in circles in both directions. 	<p></p> <ul style="list-style-type: none"> -Read a book while on your tummy. -Tongs/tweezers. -Set a timer when playing video games. -I-Spy. -Pillow wrestle.
<p></p> <ul style="list-style-type: none"> -Cross crawl. -String beads. -Ask mom if she needs help with cooking. -Puzzle. -Baking soda and vinegar experiment. 	<p></p> <ul style="list-style-type: none"> -Infinity walk. -Crumple tissue paper. -Complete a 3-step obstacle course in 20 minutes. -Sorting shapes. -Jump into a large pile of pillows. 	<p></p> <ul style="list-style-type: none"> -Balance on a tree log. -Stack cheerios on a toothpick. -Play board games with a family member. -Insert toothpicks into a thin container. -push against a wall. 	<p></p> <ul style="list-style-type: none"> -Dribble a ball on a metronome beat. -LEGOS. -Prioritize important tasks to do first (homework then screen time). -Make shapes with sticks. -chew gum. 	<p></p> <ul style="list-style-type: none"> -Inchworm from your room to the bathroom. -Place coins in slots. -Do your chores/homework without reminders from mom/dad. -Balloon volleyball. -Drink water from a long straw or exercise water bottle. 	<p></p> <ul style="list-style-type: none"> -Play the Floor is Lava! -Hide beads in putty. -Make a to-do list for today's activities. -Stack rocks outdoors. -Yard work: mowing the lawn, raking grass/leaves, pushing wheelbarrow. 	<p></p> <ul style="list-style-type: none"> -Toss a balloon in the air and don't let it drop. -Peel stickers. -Draw 3 things you did today at night. -Color a picture inside the lines. -Sandwich game between pillows/sofa cushions.