Play, Recreation, & Leisure

Grade Level:
Preschool - Elementary

Curriculum:
General Education & Alternate Curriculum

Targeted Skills:
Gross motor, Praxis, Sensory processing

OT Home Activities
Balance Walk & Hopscotch

Materials:
• Masking tape for inside
• Sidewalk chalk for outside

Directions:

1) Place tape on floor in shape of a maze or different directions. Have child walk along the tape on the floor. They can pick up “treasures” along the way to put into their “treasure chest.”

2) Draw lines outside using side-walk chalk. Have the child walk along the lines to pick up treasures (leaves, rocks etc.).

3) Draw hopscotch board outside and jump to the numbers, feet together or apart.

Modifications/Adaptations:
• Hold child's hand to help with balance
• Straight path to make it easier
• Complex path to make it more difficult

How to incorporate into family routine:
• Have sibling draw the balance beam or maze
• Have sibling assist with placing treasures
Play, Recreation, & Leisure

Grade Level: Preschool - Grade 1

Curriculum: General Education & Alternate Curriculum

Targeted Skills: Gross motor, Sensory processing, Arousal regulation

OT Home Activities
Box Car

Materials:
- Empty box, laundry basket, or suitcase
- Objects around the house

Directions:
1) Have your child push the box/basket around and pick up materials around the house. They can pretend to be a train, trash truck, etc.

Modifications/Adaptations:
- Use an empty pillowcase. Fill with stuffed animals and have child carry up and down stairs, around house, pretending they are riding the bus going to school.
- Push across a rug or carpet to make it harder.
- Push box/basket with feet

How to incorporate into family routine:
- Ask child to push groceries from the front door to the kitchen


**Grade Level:**
Preschool - High School

**Curriculum:**
General Education & Alternate Curriculum

**Targeted Skills:**
Sensory Processing, Self-regulation

**Materials:**
- A space in a room, can add bean bags, couch cushions, blankets, pillows, lava lamp, etc.

**Directions:**
1) Make a space in a small corner or area of the home with materials to help child calm.
2) You can use a tent, a bean bag or pillow for the child to sit on or in.
3) You can use this as a reading corner
4) You can also have toys your child can squeeze such as a soft ball or favorite toy

**Modifications/Adaptations:**
- Use different textures, tent, etc.
- You can drape a blanket over 2-3 chairs to make a tent

**How to incorporate into family routine:**
- Family can all take a break at the same time
- Use calming corner for reading time with parent or sibling
**Grade Level:**
Preschool - Elementary

**Curriculum:**
General Education, Alternate Curriculum

**Targeted Skills:**
Sensory processing, Visual motor skills

**Materials:**
- Shaving Cream
- Cookie sheet tray
- Paint brush
- Q-tips

**Directions:**
1) Spread shaving cream over the surface of a tray
2) Model drawing lines, shapes, numbers, letters, and/or words in the tray

**Modifications/Adaptations:**
- Use paint brush or q-tip if student is not comfortable touching shaving cream
- Have student connect the dots if in preschool

**How to incorporate into family routine:**
- A sibling can model, call out shapes, letters, etc.
**Button Snake**

**Materials:**
- Button
- Ribbon, string, or shoelace
- Felt squares, paint swatches, or fountain drink lids
- Scissors
- *Optional:* glue (hot glue or craft cement)

**Directions:**

1. Cut holes in felt

2. Lace or glue button on end of ribbon

3. Lace

**Modifications/Adaptations:**
- Use pipe cleaner, straw, or ruler instead of ribbon
- Use fountain drink lids or paint swatch squares

**How to incorporate into family routine:**
- Practice while watching TV
- Practice before getting dressed in the A.M.
- Make patterns with colors and objects
- Have lacing races

**Additional Parent Resources:**
- Teach Kids How to Button the Fun Way
Grade Level: Preschool - Elementary

Curriculum: Alternate & Creative Curriculum, Extended VI

Targeted Skills: Fine motor, Sensory processing (touch, body awareness, bilateral coordination, Motor planning)

Materials:
- Old T-shirt
- Old socks
- Scissors

Directions: Use shirt and/or tube socks.

1) Cut bottom of shirt. Cut bottom into strips.

2) Cut off sleeves. Cut sleeves into strips.

3) Race to put tubes on body! Pull over head, wrist, ankle.

Additional Parent Resources:
Work on Dressing Skills Through Play!

How to Incorporate into Family Routine:
- Practice with tubes over pajamas before getting dressed for the day OR the reverse at night
- Use as a quick game/movement break for in between during academic tasks

Modifications/Adaptations to Activity:
- Tie socks together to make tubes
- Race to take off tubes
- Hemiplegia: lace tubes over impaired extremity first
- Use top half of cut shirt for dressing practice
- Child may assist with cutting (match adult assistance with ability
- Adult gives partial assistance: adult start, child finish or vice versa
Play, Recreation, & Leisure

Grade Level: Preschool - Elementary
Curriculum: General Education
Targeted Skills: Gross motor, Sensory skills

OT Home Activities
Animal Walks & Movement

Materials:
• Computer, tablet, or mobile device to watch video and follow along

Use this movement break as a fun form of exercise that the whole family can do together!

Directions:
Have your child imitate the walk of various animals
1) Duck walk: waddle in a squat position
2) Bear walk: crawling with hands and feet on floor
3) Bird walk: flying on tip toes
4) Elephant walk: bending over and swinging arms like trunk
5) Frog hop: hopping on all fours
6) Inchworm: on hands and feet, walk feet toward hands and then hands away from feet in an inching movement
7) Mule or donkey kick: on hands and feet, kick both feet up simultaneously
8) Crab walk on hands and feet, walk sideways
9) Seal: keep legs extended and walk on hands

Click here to view different animal walks!

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Click here to view different animal walks!
**OT Home Activities**

**Balloon Volleyball**

**Grade Level:**
Preschool - High School, CTC

**Curriculum:**
General Education & Alternate Curriculum

**Targeted Skills:**
Gross motor, Sensory skills, Praxis

**Materials:**
- Balloon

**Directions:**
1) Blow up balloon and tie the end
2) Hit the balloon up towards the ceiling and towards the student
3) Have the student hit the balloon back to you

**How to incorporate into family routine:**
- Use as a movement break during academic time

**Modifications/Adaptations:**
- Have the child seated
- Change distance between child and partner
- Hit over a net or other object
- Use a lightweight tool such as a raquet, paddle, or pool noodle
Grade Level:  
Preschool - Elementary

Curriculum:  
General Education, Alternate, & Creative Curriculum

Targeted Skills:  
Sensory processing, Balance

Materials:
- Large cardboard boxes found in home
- Recycling bin
- Tape
- Optional: holiday lights, pillows, art supplies

Directions:
1. Collect large cardboard boxes
2. Remove taped seams to open top and bottom of the boxes
3. Position opened boxes sideways
4. Attach box ends to one another by connecting smaller openings into larger openings or use tape
5. Arrange tunnels on floor in different ways and crawl through
**Modifications/Adaptations:**

- Listening for sounds: peeling tape, drum on boxes with hands or kick boxes with feet
- Assemble opened boxes in triangle for wheelchair access
- Add light into tunnels using strands of holiday lights attached to ceiling of tunnels
- Decorate tunnels with crayons, markers, stickers, etc.
- Add pillows and blankets to make calm space
- If child requires maximal help for project, put him/her in charge of operations: give choices of box positioning, decoration colors, etc.

**How to incorporate into family routine:**

- Family free play
- Sensory break in between academic activities
- Hide puzzle pieces, Legos, and/or shapes in tunnel
- Use as calming area before bedtime
OT Home Activities
DIY Light Box

Grade Level:
Preschool - Elementary

Curriculum:
General Education, Alternate & CreativeCurriculum

Targeted Skills:
Visual skills, Visual-motor integration, Self-regulation

Materials:
- Clear see-through storage tub and lid
- String of lights
- Sheets of white paper
- Tape

Directions:
1) Put lights in storage tub

2) Tape white paper on inside of lid

3) Lid on storage tub, plug in, add objects to top

How to incorporate into family routine:
- Complete worksheets/drawing activities on light box
- Use for added visual supports to locate puzzle pieces, Legos, beds, etc.

Modifications/Adaptations:
- Place puzzle pieces, shapes, toys, and clear-colored cups and lids on light box
- Use as tracing light
**Sensory Skills**

**Grade Level:**
Preschool - Grade 1

**Curriculum:**
General Education & Alternate Curriculum

**Targeted Skills:**
Gross motor, Sensory processing, Arousal regulation

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**OT Home Activities**

**Turtle Time**

**Materials:**
- Pillow or backpack

**Directions:**
1) Place a pillow on child’s back or have them wear their backpack
2) Ask student to crawl around like a slow turtle looking for food or water

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**Modifications/Adaptations:**
- Use a smaller or bigger backpack
- Have your child see how far they can crawl before it falls off
- Carry the toys on back from one place to another

**How to incorporate into family routine:**
- Incorporate when your child is cleaning up their toys. They can carry the toy on their back.