

Web Resources for Occupational Therapy / Physical Therapy

Performance Area Domain	Agency/Program Organization	Description	Available Activities/Resources for Families & Teachers	Website
Gross Motor Skills	Pediatric PT	Provides gross motor activities for prek/elementary in easy to understand language and in spanish and russian.	Free activities available online with pictures	https://www.teacherspayteachers.com/Store/Pediatricphysicaltherapy
Multiple Domains	Tools To Grow	Tools to Grow provides valuable tools to therapists, educators, special needs teachers, and parents/caregivers to help children grow	Free online access to activities	https://www.toolstogrowot.com/
Multiple Domains	The OT Toolbox	Provides resources, tools, ideas, and activities geared toward the healthy development of kids. Based on function and occupation-centered activities, this site promotes the underlying skills needed for action and performance in kids		https://www.theottoolbox.com/parent-toolbox/
Multiple Domains	Creative Health	Chart with schedule to address domains	https://creativehealthllc.com/wp-content/uploads/2020/03/COVID-Calendar-OT-Activities.pdf?fbclid=IwAR35w98c8jSeLb3yBgdl0IhlkeMJfrLcoDu1cDozgR631Lf1uzCaoo9sTa0	
Multiple Domains	Cosmic Kids Yoga	Cosmic Kids Yog is available via YouTube. Provides weight bearing body poses through a story. Each video is approximately 15-50+ minute in duration.	Free online access to videos of weight bearing movement poses.	https://www.youtube.com/user/CosmicKidsYoga

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Multiple Domains	Raising Dragons	Parent blogger who uses crafts and STEAM/STEM home activities using items you can find around the house for children aged 2-8+	Free online access to activities	https://www.raisingdragons.com/
Physical Activity, Self-Regulation	GoNoodle	GoNoodle provides educators and families free access to a range of movement and mindfulness videos to support physical health, mental health and behavior. OT and PTs incorporate GoNoodle activities in sessions to target a range of sensory motor skills including dynamic balance, motor planning skills, and self-regulation. Therapists often collaborate with teachers in integrating movement opportunities in the context of the classroom routine to support student's readiness for learning.	Free online access to videos of movement and mindfulness activities	https://www.gonoodle.com/
Written Communication	Handwriting Without Tears	Handwriting without Tears is a curriculum developed by an OT but intended to be implemented by teachers at schools. Some schools in the past have adopted the curriculum or RSPs have used in their program. OTs often use the multisensory methods when consulting with teachers or working on the students' fine motor and visual motor skills.	Handwriting without Tears is offering families free access to the Pre-K Interactive Teaching Tool and/or Handwriting Interactive Teaching Tool for 90 day, as well as the Keyboarding without Tears until July 31, 2020. They are also waiving shipping charges on select writing workbooks until April 15th.	https://www.lwtears.com/

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Written Communication	Write Start Program	Comprehensive, activity based program for handwriting	Free online access to activities	https://write-start-handwriting.org/index.html