



OT Home Activities

Turtle Time

Grade Level:

Preschool - Grade 1

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Gross motor, Sensory processing, Arousal regulation

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



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.