

remOTE Occupational Therapy



Occupational Therapists use meaningful activities to help children and youth participate in what they need and/or want to do in order to promote physical and mental health well-being.

School-Based Occupational Therapists focus on academics, play and leisure, social participation, and self-care skills (ADLs or Activities of Daily Living) and transition / work skills. Occupational therapy's expertise includes activity and environmental analysis and modification with a goal of reducing the barriers of participation.

The OT practitioner collaborates with parents and school-staff to create solutions, taking into account the child, the activity, the setting. The goal is to promote participation through:

- Adapting activities & environments
- Collaborating with school personnel
- Offering instructional strategies (UDL or Universal Design)
- Increasing independence in daily living skills
- Supporting transition
- Recommending assistive technology
- Promoting positive behavior
- Supporting school mental health
- Increasing attention
- Addressing sensory, cognitive and motor needs

What are things we can do at home to promote Occupational Therapy skills?

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Tips for Learning At Home

- **MAKE A SCHEDULE.** A schedule will give structure and routine for you and your child.
- **SET A TIMER.** Timers are useful to set up expectations and prepare your child for transitions between activities. You can use your phone as a timer.
- **ADD BREAKS.** Just like we need breaks when we work, your child will also need breaks. Breaks can include movement breaks, play breaks, etc.
- **BE ENCOURAGING.** Praise the effort, and not the result. If you find that your and your child are getting frustrated, try something different.



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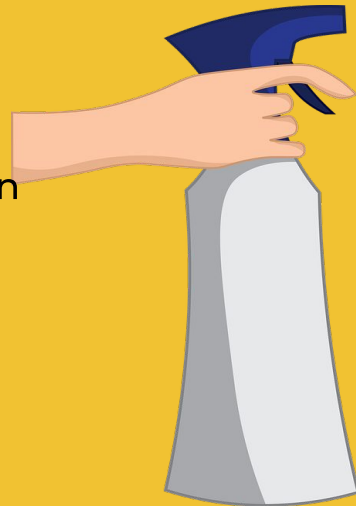
Home-Based Activities to Promote Skills

HAND- STRENGTHENING ACTIVITIES



CRUMPLE PAPERS. Have your child help you clean up excess paper. Before throwing it away, practice crumpling it up. You can even make this into a game.

SPRAY BOTTLES. Have your child help you water the plants or clean surfaces. Let them squeeze the bottle during these activities.



PLAY WITH FLOUR. Have your child help you bake and knead dough. If you're not cooking, make shapes with flour and dough. The thicker the consistency, the harder it is to work with the dough.



PLAY-DOH or THERAPUTTY. Make shapes and play games with this material. Pay attention to the difficulty of the texture of the material. They will label how firm or soft it is.

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Home-Based Activities to Promote Skills

CORE-STRENGTHENING EXERCISES

Here are some common strength poses and movements to build core strength. Make them a part of your movement breaks or exercise routine!

INTRODUCTORY POSES



Superman pose



Dead bug pose



Cobra pose



Cat Cow



Bird Dog



Tree Pose

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Home-Based Activities to Promote Skills

CORE-STRENGTHENING EXERCISES

MOVEMENT POSES



Frog Jump



Bear Walk



Kangaroo Jump



Crab Walk



Caterpillar
Crawl

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Free Websites

The following are a list of websites that you can use to supplement practice and build underlying skills.

VISUAL PERCEPTUAL SKILLS

- **Eyecanlearn.com**
Find many activities to assist with visual skills such as tracking, perception
- **Spotthedifference.com/explorer.asp**
Online game that asks kids to find the differences between two similar pictures
- **TheWordSearch.com**
You can print out word searches for your child and even create your own.

W	V	E	R	T	I	C	A	L	L	Seek
R	O	O	A	F	F	L	S	A	B	Find
A	C	R	I	L	I	A	T	O	A	Random
N	D	O	D	K	O	N	W	D	C	Sleuth
D	R	K	E	S	O	O	D	D	K	Backward
O	E	E	P	Z	E	G	L	I	W	Vertical
M	S	I	I	H	O	A	E	R	A	Diagonal
A	L	R	K	R	R	I	R	E	R	Wikipedia
K	O	D	I	D	E	D	R	C	D	Horizontal
H	E	L	W	S	L	E	U	T	H	Word Search



Help the squirrel find its acorn.
Watch out for predators!



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BRAIN & MOVEMENT BREAKS

- **GoNoodle.com**
Find many movement and mindfulness videos.
- **FluencyandFitness.com**
Get 3 weeks of free educational break videos
- **Debbie Doo Kids TV (youtube)**
Singing and dancing videos featuring Five Finger Family.
- **Stevesongs.com**
Learn, have fun and sing along with Steve!
- **MovetoLearnMS (youtube)**
Simple, flexible movement program.



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CUT AND PASTE ART CRAFTS

- **DLTK-Kids.com**
Find printable children's crafts, coloring pages, worksheets and activities.
- **MamaOT.com/tag/arts-and-crafts**
A blog from a mother Occupational Therapist for ideas of craft activities to do at home and other activities as well!
- **BusyBeeKidsCrafts.com**
Fun, easy, and inexpensive kids crafts ideas for children.
- **EnchantedLearning.com**
Curriculum Material Online but also with ideas for arts-and-crafts projects
- **TheOTToolbox.com**
Resources for teaching students at home through the lense of a OT practitioner

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ACADEMIC LEARNING



- **SplashLearn.com**
K-5 Math Learning program with games
- **Brainpop.com**
Find educational videos by topic. Request free access due to school closures.
- **MysteryScience.com**
K-5 Science Learning curriculum. Some lessons free due to school closures.
- **ABCmouse.com**
Full online curriculum for children ages 2-8. Free for 30 days.
- **GetEpic.com**
Leading digital library for kids 12 & under. Free for 30 days unless with educator login.
- **ABCya.com**
Educational games for grades PreK through 6.