



Home Activities to Promote Fine and Gross Motor Development

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What is school-based occupational therapy and physical therapy?

- ▶ In the school setting
 - ▶ Occupational Therapist help children to perform important learning and school-related activities to fulfill their role as students. The main purpose of direct OT intervention is to provide students with the skills needed to keep up with their peers when there is a deficit that is causing them to fall behind.
 - ▶ The profession of Occupational Therapy is concerned with a person's ability to participate in desired daily life activities or "occupations."
 - ▶ Physical Therapists work on the coordination of the body. They focus on navigating the school environment in the classroom, hallway, and specials. They also work on things like strengthening, eye-hand coordination, and motor planning for activities such as catching, throwing, kicking, and balance.

How can I help my child at home?

- ▶ Many of the skills needed for school success can be developed through play based activities that occur throughout a child's day
 - ▶ Fine motor skills
 - ▶ Gross motor skills
 - ▶ Visual perceptual/motor skills

Gross Motor Skills

- ▶ Coordination of a child's large muscle groups involved motor planning, sensory discrimination, strength, balance, coordination and endurance.
- ▶ These skills can impact participation in gym and recess, safe navigation of the school environment and core stability needed to sustain posture in a chair and during floor time activities



Gross Motor Activities

Play/Toy based

**Monitor and limit participation in sedentary activities such as watching TV and playing video games

- ▶ Jump rope
- ▶ Climbing- jungle gyms/rock walls
- ▶ Swim/Yoga/Martial arts
- ▶ Obstacle courses- climbing over/under couch cushions etc.
- ▶ Create a balance beam using tape on floor/driveway/sidewalk
- ▶ Riding bike/scooter
- ▶ Hopscotch/swings/hula hoops
- ▶ Tug of War/Wheelbarrow walks/animal walks
- ▶ Sidewalk chalk
- ▶ Balloon or Beach ball Volleyball

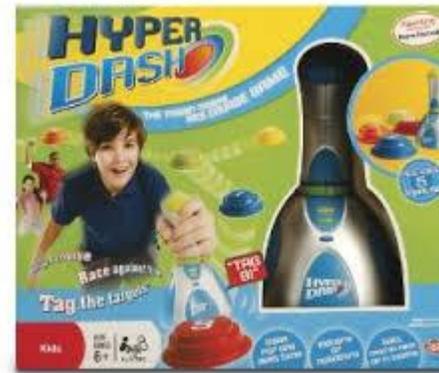
Around the House/Community

- ▶ Pushing the vacuum
- ▶ Folding laundry
- ▶ Carrying/pushing the laundry basket
- ▶ Carrying grocery bags
- ▶ Pushing shopping cart



Gross Motor Games

- ▶ Balloon toss
- ▶ Playing board games/Coloring/Puzzles while laying on the tummy is a great way to promote shoulder strength and stability
- ▶ Simon Says
- ▶ Ball play- throw/ catch/kick
- ▶ Twister/Hyperdash



Fine Motor Skills

- ▶ Fine motor skills involve the small muscles of the hand and are necessary for performing academic skills such as coloring, writing, cutting with scissors etc.



Fine Motor Activities

Play/Toy based

- ▶ Legos or similar building blocks
- ▶ Play dough/Clay/Theraputty
- ▶ Spray bottle- fill with water and hand your child “water” the plants
- ▶ Kitchen tools- using baster, garlic press, rolling pin, tongs
- ▶ Clothes pins/lacing activities
- ▶ Painting with skinny brush or Q-tips
- ▶ Tweezers
- ▶ Bubble wrap

Around the House/Community

- ▶ Cutting out coupons/making collages
- ▶ Making dough/using cookie cutters
- ▶ Helping with the laundry
 - ▶ Using the stain remover bottle to aim and spray on the stain



Fine Motor Games

- ▶ Don't Break the Ice
- ▶ Mancala
- ▶ Operation
- ▶ Sneaky Snacky Squirrel
- ▶ Pop up pirate
- ▶ Honey bee tree/ Kerplunk
- ▶ Barrel of monkeys
- ▶ Pop the pig
- ▶ Trouble
- ▶ Bed Bugs



Visual Perceptual/Visual Motor Skills

- ▶ Visual perceptual skills help children to organize visual information from the environment and help children to interpret what they see.
- ▶ Visual motor skills involve the interplay of visual and motor skills needed to copy forms or completion construction tasks.
 - ▶ These skills are critical for both reading and writing



Visual Perceptual/Motor Activities

Play/Toy based

- ▶ Mazes
- ▶ Dot-to-dots
- ▶ Puzzles
- ▶ Copying
- ▶ Crosswords
- ▶ Mad Libs
- ▶ Step by step drawing activities
- ▶ Balloon games
- ▶ Making patterns
- ▶ Using popsicle sticks to imitate shapes/letters

Around the House/Community

- ▶ Finding items in the supermarket from a shopping list
- ▶ Finding matching socks and folding them



Visual Perceptual/Motor Games

- ▶ Battleship
- ▶ Blokus
- ▶ Rush Hour
- ▶ Mosaics
- ▶ Wedgits
- ▶ Connect 4



Handwriting

- ▶ Handwriting is a complex process of managing written language by coordinating the eyes, arms, hands, pencil grip, letter formation, and body posture.
- ▶ Occupational therapists, parents and teachers can support development of the underlying component skills that support a student's handwriting.
 - ▶ Muscle strength, endurance, coordination
 - ▶ Motor control
 - ▶ Visual perceptual/motor skills

<http://www.aota.org/about-occupational-therapy/patients-clients/childrenandyouth/schools/handwriting.aspx#sthash.r8nNoXZb.dpuf>

Handwriting Activities

Play/Toy based

- ▶ Support the development of fine, gross, and visual motor skills
- ▶ Reinforce top to bottom/left to right formation
- ▶ Practice making letters using wikki stix, pasta
- ▶ Drawing letters in pudding/shaving cream/foam soap
- ▶ Making letters using beans/small pasta
- ▶ <http://www.hwtears.com/hwt/parents>
 - ▶ Great resource for supplemental activities to support the Handwriting Without Tears Curriculum

Around the House/Community

- ▶ Make shopping lists/Crossing off list when at the store
- ▶ Write letters to family & friends
- ▶ To do list
- ▶ Write out cooking recipe - and then make it! (fine motor/visual motor/and handwriting all in one!!)



Handwriting Apps

- ▶ There are some good iPad/tablet apps that reinforce correct letter formation for kids that are averse to pencil and paper practice
 - ▶ LetterSchool
 - ▶ Handwriting Without Tears
 - ▶ Writing Wizard



OT Websites

- ▶ <http://www.ot-mom-learning-activites.com>
- ▶ <http://mamaot.com/>
- ▶ <http://therapyfunzone.net/blog/>
- ▶ <https://centerforpediatrictherapy.wordpress.com>
- ▶ <http://www.lefthandnz.com/forchildren.html>
- ▶ <http://www.theottoolbox.com/p/fine-motor-skills.html>
- ▶ <https://www.growinghandsonkids.com/occupational-therapy-resources-for-kids.html>

Any Questions

