



Occupational Therapy

**(Distribute to all students that receive
Occupational Therapy)**

Sensory Calming/Alerting

Week 25

Calming Activities in Blue (3)

Alerting Activities in Red (2)

 <p>Bean Bag Alphabet Fun (See Below)</p> <p>If you do not have bean bags, roll up socks to make one.</p>	Complete one activity per day.	 <p>Quick Brain Break Q & A Body Game (See Below)</p>
 <p>Listening to classical music, steady drums, or nature sounds (water, birds, waves)</p> 	 <p>Bean Bag Bop with Jack Hartman</p> <p>https://www.youtube.com/watch?v=8RPHzceNdAY</p>	 <p>Tug'o'War</p>  <p>Push'o'War (Front to Front or Back to Back, Sitting/Standing)</p>

Beanbag Alphabet Fun

Move through the alphabet with your beanbag



A: Put the beanbag on your **ARM**.

B: Put the beanbag on your **BACK**.

C: **CATCH** the beanbag in the air.

D: Put the beanbag **DOWN** on the floor.

E: Put the beanbag on your **EAR**.

F: Put the beanbag on your **FOOT**.

G: **GALLOP** with your beanbag.

H: Put the beanbag on your **HEAD**.

I: Walk **IN** a circle around your beanbag.

J: **JUMP** with your beanbag.

K: **KICK** your beanbag.

L: **LEAP** over your beanbag.

M: **MARCH** in a circle with your beanbag.

N: Put the beanbag on your **NOSE**.

O: Jump **OVER** your beanbag.

P: Put the beanbag on your **PALM**.

Q: **QUICKLY** toss your beanbag up.

R: **RUN** in place with your beanbag.

S: Put the beanbag on your **SHOULDER**.

T: **TWIRL** in a circle with your beanbag.

U: Put the beanbag **UNDER** your foot.

V: Hold the beanbag **VERY** high up.

W: **WALK** backwards with your beanbag.

X: Slide your beanbag up your leg and pretend to take an **X-RAY**.

Y: **YELL** the word beanbag.

Z: **ZOOM** around the room with your beanbag.



BEANBAG A TO Z FUN



Quick Brain Break

Q & A Body Game

Need a quick game to rest and refresh your student's brain?
Try this Q and A Body Game:

Purpose: Promote body awareness, motor skills and listening skills.

Materials: none

Activity: This can be played with one player or a group of children. The adult faces the group. Explain the directions of the game. The adult is going to ask the children to move certain body parts based on questions. The children are not to answer the questions. They should move the body part that is the answer to the question.

Here is an example:

Question: What body part waves hello?

Answer: Children wave hands in air.

Here is a list of several questions and answers or make up your own. See what questions the children can come up with.

Q: What body part makes funny faces?

A: Child moves mouth or tongue

Q: What body part wears socks?

A: Child moves feet.

Q: What body part uses crayons?

A: Child wiggles fingers.

Q: What body part smells skunks?

A: Child moves nose.

Q: What body part climbs ladders?

A: Child moves arms and legs

Now change the game and request actions based on different noises:

Make a clapping sound with your body.

Stomp your feet

Snap fingers

March in place

Smack lips

Slap knees

Tap shoulders quietly

Now have children close their eyes. Make one of the sounds with your body that you practiced together.

Can the children guess what body part you are using to make the sound?

Educational Tool Use

Week 25



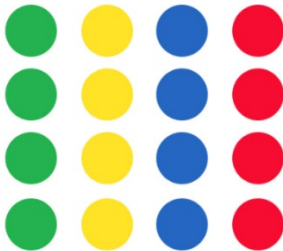
Use paint strip samples from your local hardware store to practice cutting along the white lines as pictured.

Complete one activity per day.



Use an empty cardboard egg crate and turn it upside down. Next, have your parent poke holes in the egg cups. Last, place Q-Tips into each hole

FINGER TWISTER



FINGER TWISTER

Use the attachments to make and play a finger Twister game.



Help make mac and cheese or another favorite recipe. Open the box with both hands, measure and pour ingredients into a pot/bowl, and mix. Be sure to use 1 hand to stabilize the pot/bowl and the other to stir.



Tape construction paper strips to a paper plates leaving a "hill" area. Next, use a marble to try to maneuver the plate to get the marble to roll through the "hills"

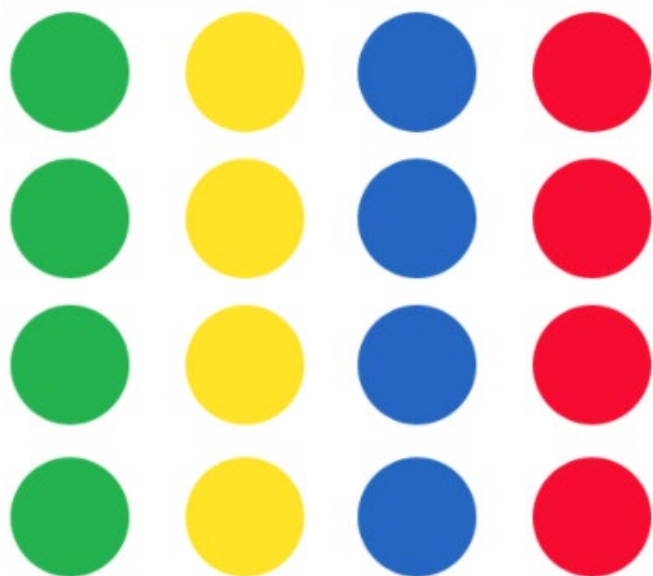
Finger Twister Directions

- Cut out the arrow. Glue the arrow onto thin cardboard (cereal box thickness).
- Glue the spinner board onto cardboard.
- Secure the arrow onto the spinner board using a baird or straight pin the back of the circle.
- Take turns using the spinner and placing your fingers onto the twister board per the directions on the spinner board.
- Game ends when one person cannot place their fingers to match what the spinner board says to do.

Arrow Template

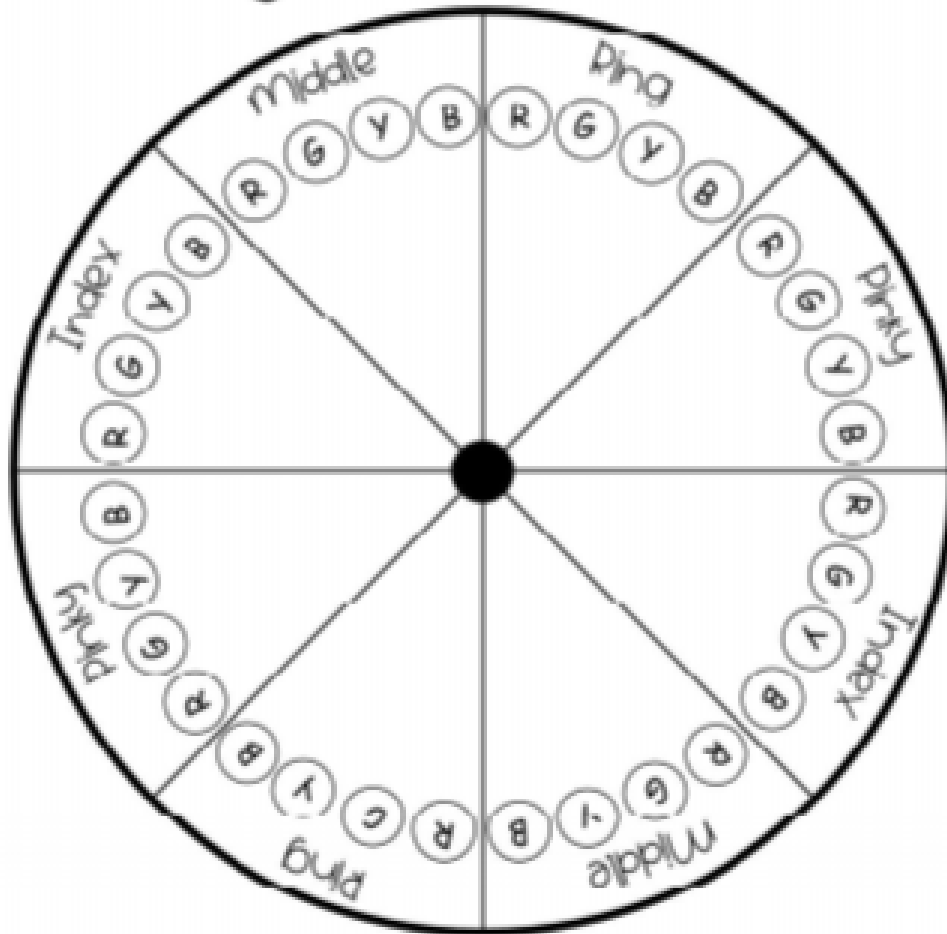


FINGER TWISTER



FINGER TWISTER

Right Hand



Left Hand

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Functional Fine Motor
(Specially Designed Instruction)

Week 25



Practice opening various containers, bags and bottles.

Complete one activity per day.



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Spread a condiment or other spreadable food you enjoy on a slice of bread, bagel, or tortilla.



Carry dirty dishes to the sink and rinse.



Match socks by size and color

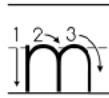


Wash your hands with soap and water. Dry hands then apply lotion.

Letter Formation: Lower Case

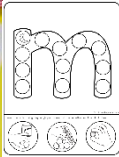
Week 25

Short Line Down Letter: m



<https://youtu.be/YiK7IL0kqd0>

<https://youtu.be/WFMI-cV9sq8>

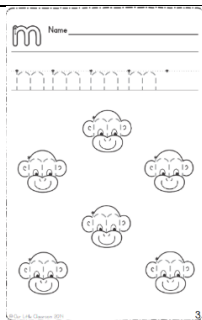


Make a mini marshmallow m on the attached template. Remember your letters start at the top. Pick up the marshmallows with your index finger and thumb. After you make the marshmallow m use your index finger to trace it 10 times with your eyes open and 10 times with your eyes closed. Move the marshmallows off the m and trace the letter with a crayon or marker 5 times.

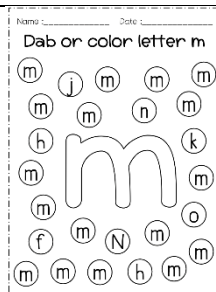
Complete one activity per day.



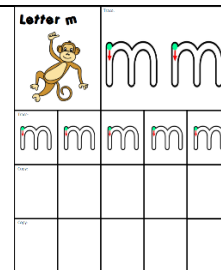
Trace or write the letter m 10 times with your eyes open and 10 times with your eyes closed in flour, salt, or sand.



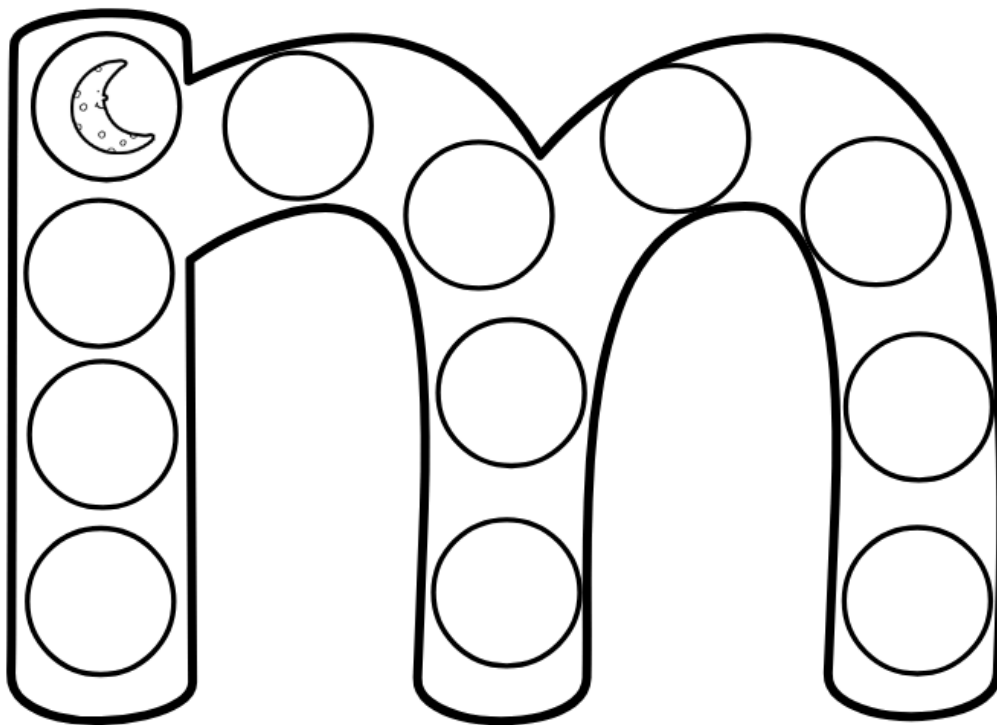
Complete the attached worksheet.



Use a Bingo marker or color all the ms. Then trace the large m in the middle with 5 different colors.



Complete the attached worksheet.



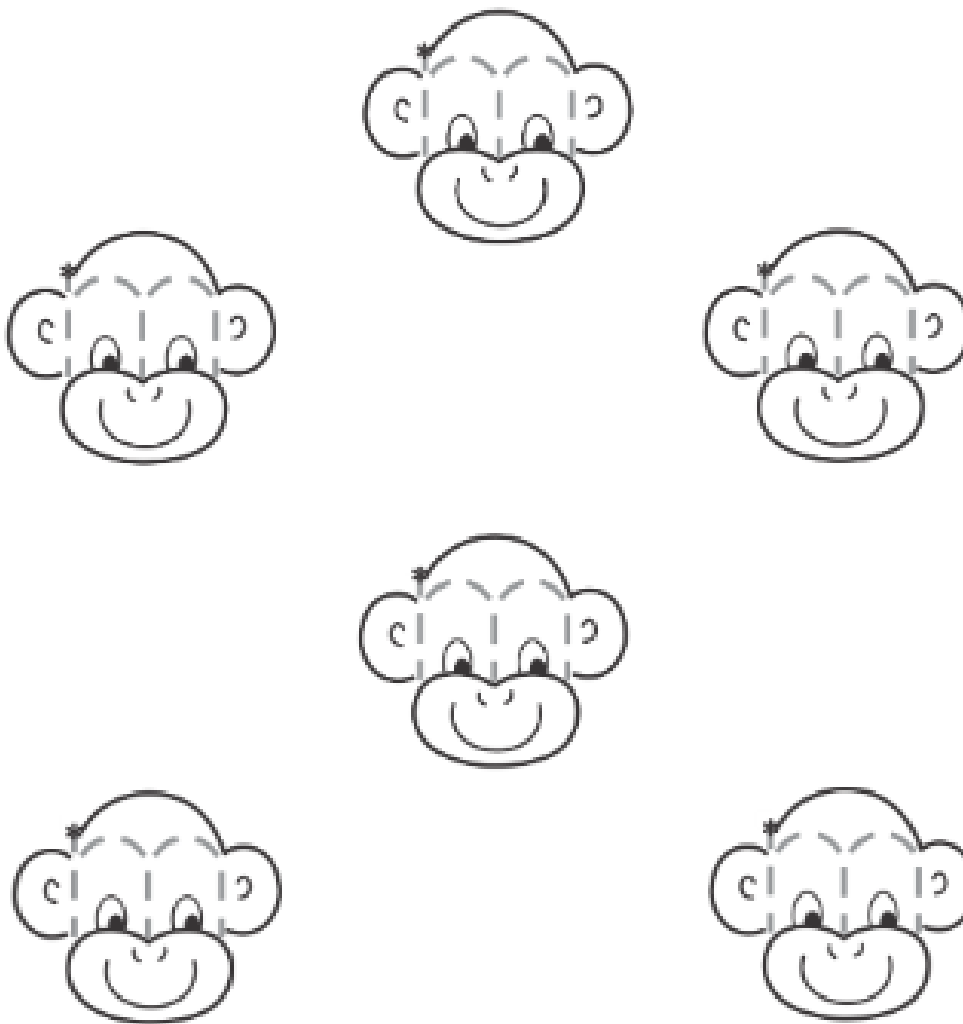
©thisreadingmama.com

Cover the letter using playdough, pom poms, buttons, or other small manipulatives.



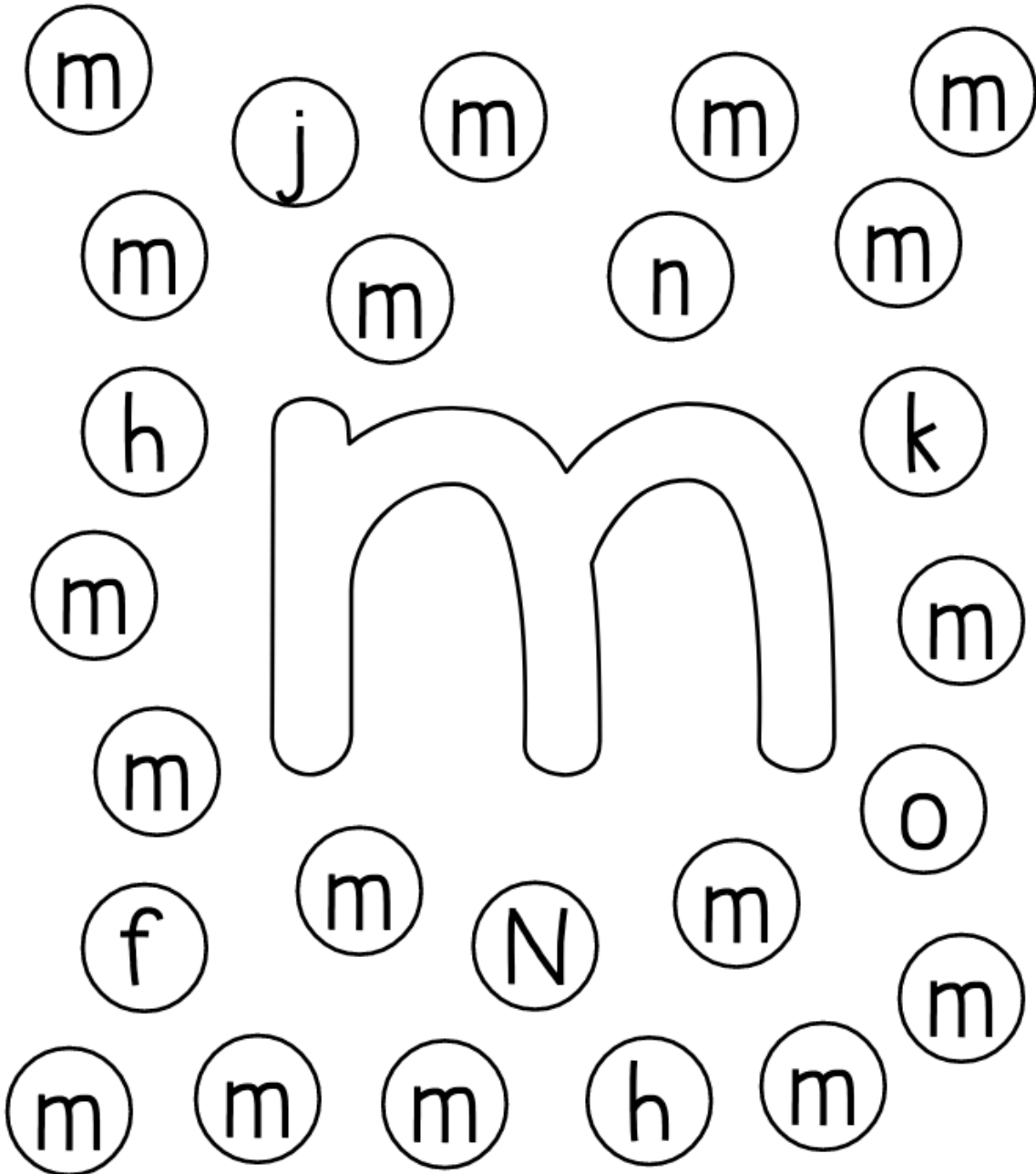


Name _____

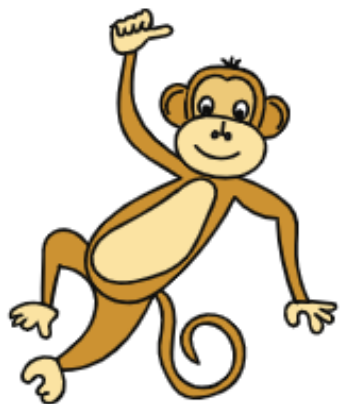


Name : _____ Date : _____

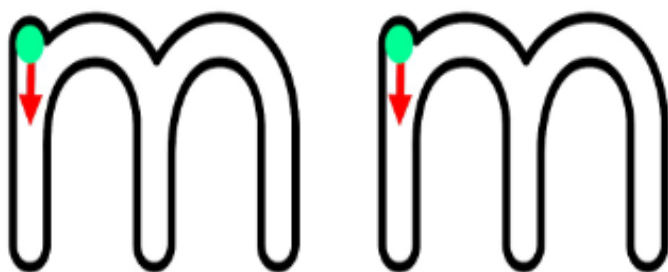
Dab or color letter m



Letter m



Trace:



Trace:



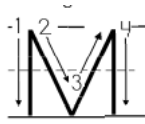
Copy:

Copy:

Letter Formation: Upper Case

Week 25

Tall Line Down Letter M



<https://youtu.be/YiK7IL0kqd0>

<https://youtu.be/WFMI-cV9sq8>

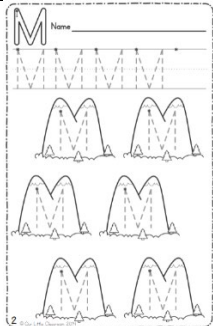


Make a mini marshmallow M on the attached template. Remember your letters start at the top. Pick up the marshmallows with your index finger and thumb. After you make the marshmallow M use your index finger to trace it 10 times with your eyes open and 10 times with your eyes closed. Move the marshmallows off the M and trace the letter with a crayon or marker 5 times.

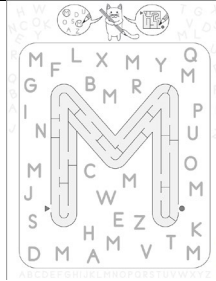
Complete one activity per day.



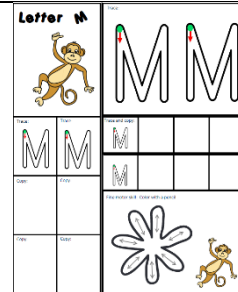
Build 5 letter Ms from toothpicks and mini marshmallows or popsicle sticks. If you don't have those items, use any household items of your choosing to make the Ms.



Complete the attached M worksheet.



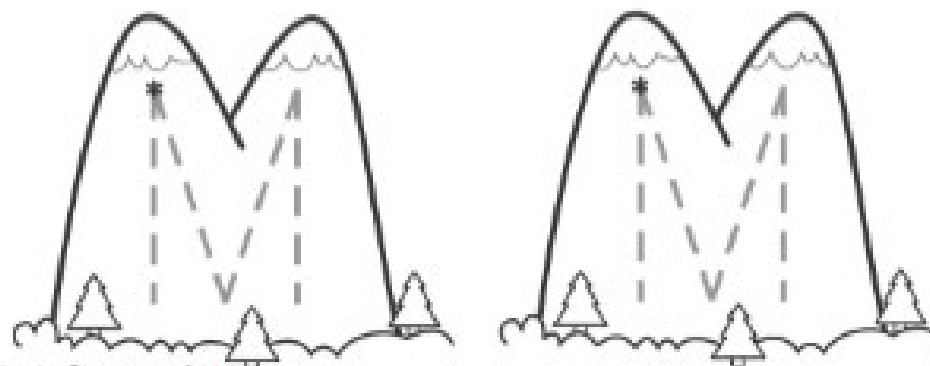
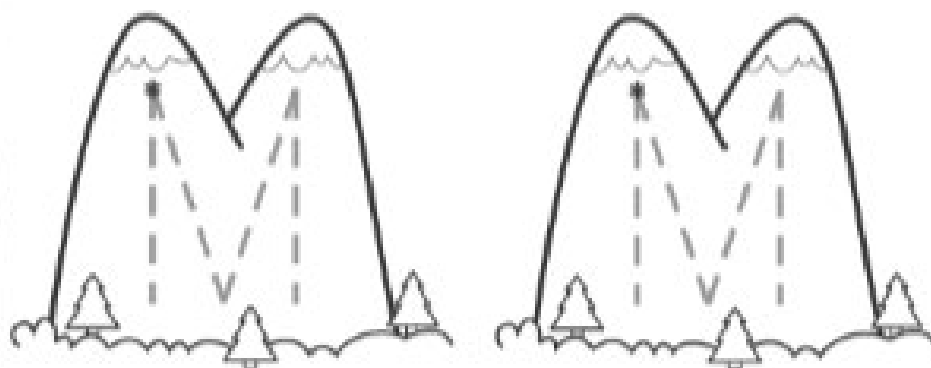
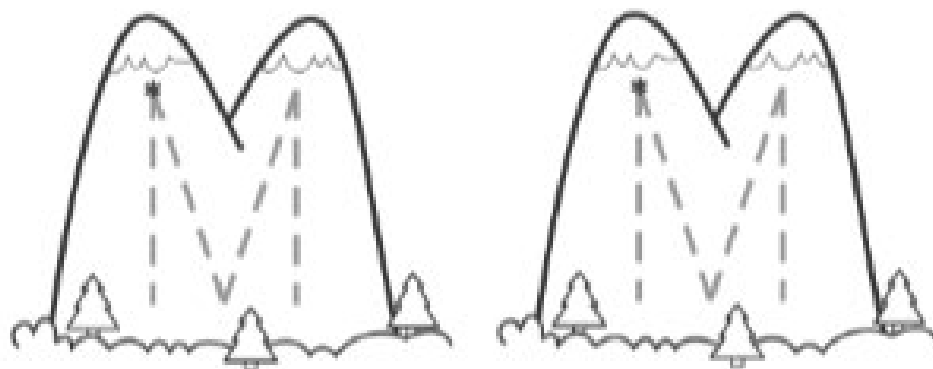
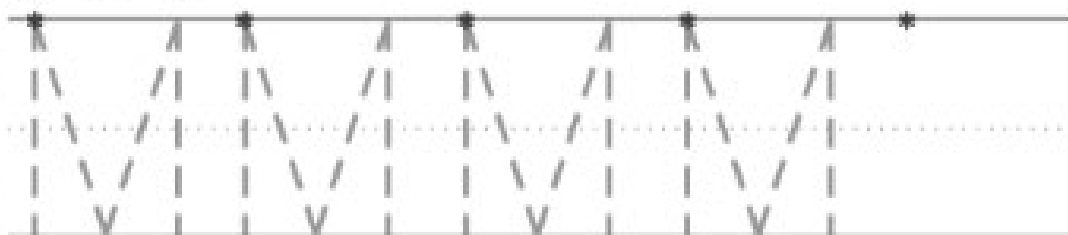
Circle all the Ms and complete the maze on the attached worksheet.

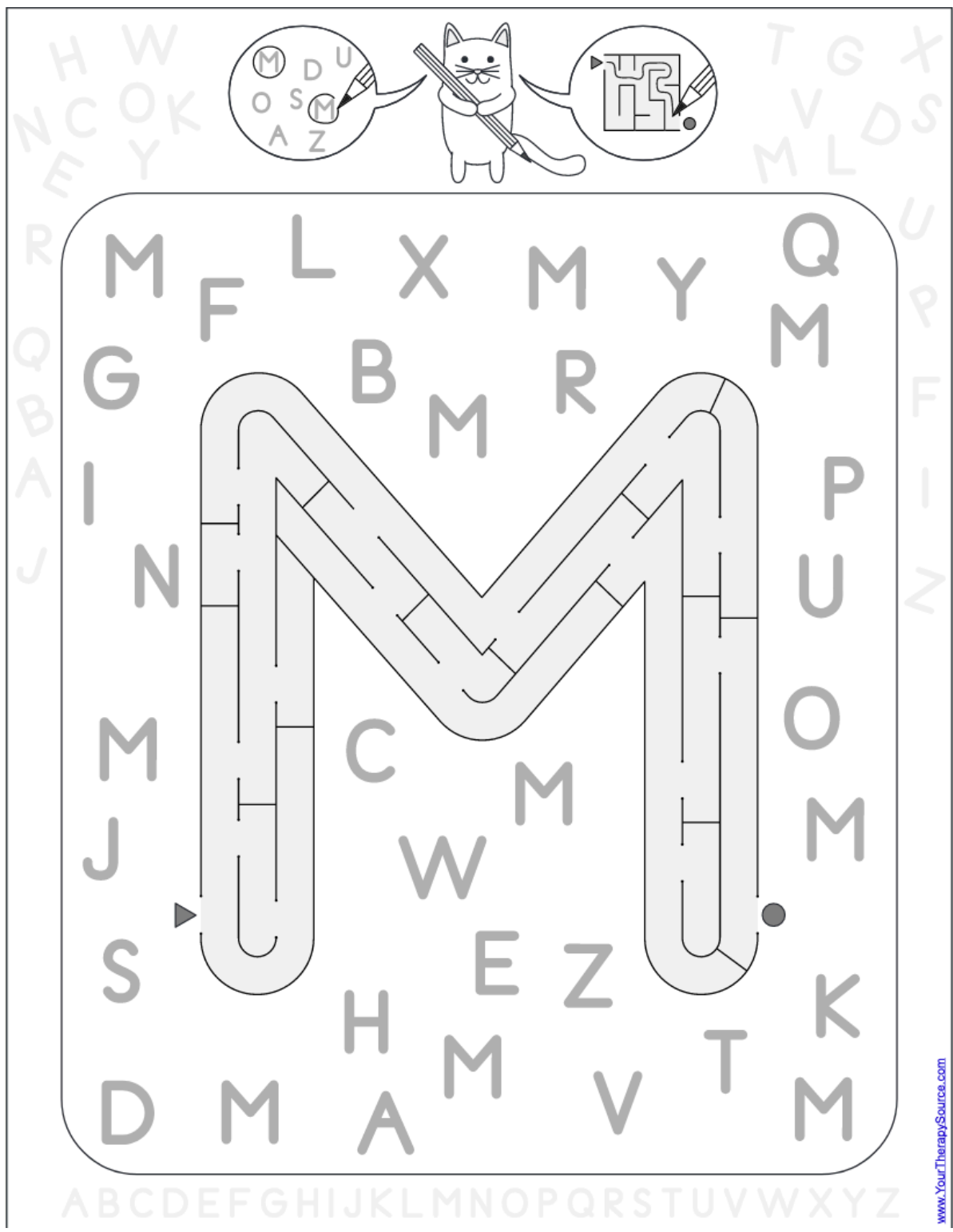


Complete the attached M worksheet.

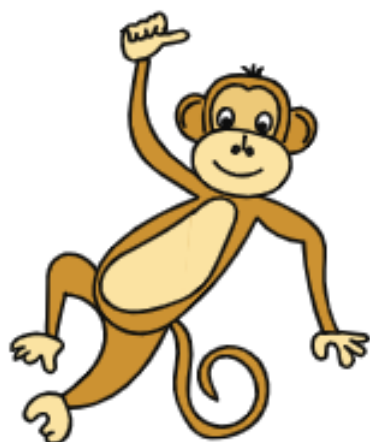
M

Name _____

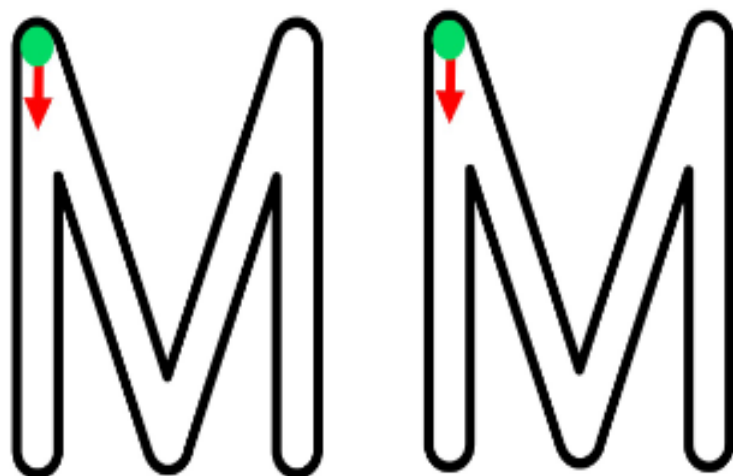




Letter M



Trace:



Trace:



Trace:



Trace and copy:



Copy:

Copy:

Copy:

Copy:

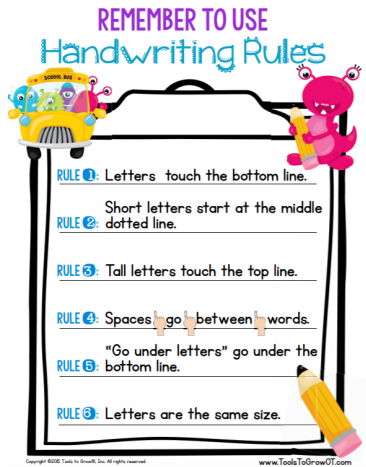
Fine motor skill: Color with a pencil



OT: Spacing and Line Adherence

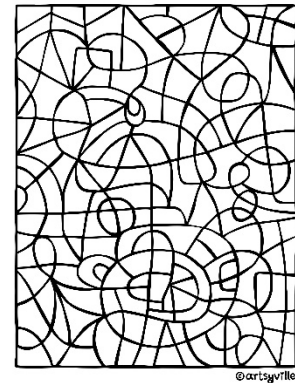
Week 25

Review your hand writing rules.
Then use the attached page to
write a list of all the things a
monster might bring to school



**Complete one
activity per
day.**

Make your own squiggly art project by using a sharpie on plain white paper. Draw overlapping shapes with one continuous line. Color in each shape and try to stay within the lines.



Watch the YouTube video to learn how to make and flick a paper football. Make the football with a family member. After you make it, practice flicking the football at different targets to score points.

<https://youtu.be/RTlwzFuczww>



Using a pencil in the salt dough you clay to practice writing 5-10 of your sight words. You're your time and use your best writing. Make sure your letters don't touch. Erase the words by rubbing with your fingers.



Before you practice any writing or homework, warm up your fingers with this quick exercise. This is a quick and effective warm up.



MAKE A **L i s t**

Monster School 2

Make a list of things that a monster would bring to school.
Remember to use all your handwriting rules!

