

## Week Four OT 4/6/20

Hello! I can't believe we are already on week four. Too crazy! I miss seeing you guys pour into school off the bus! This week we are going to focus on building obstacle courses, the letter 7, homophones, and building buggy sentences. All this information will be put up on my web page on the Jacobs site. Just look for my name and click. Let's start with the fun stuff: How to build an indoor obstacle course with stuff around the house.

Obstacle courses are always something kids love in OT. I design courses that build strength, balance, eye hand coordination and help kids feel regulated and ready to focus on table time. Items you can use in your obstacle course are red solo cups, rug squares or paper plates, blankets, pillows, blue painter's tape, laundry baskets, bean bags or small stuffed animals.

- Make sure you eliminate any items that your child could crash into. They need plenty of room to move around.
- How to use each item:
  - a. Blankets- Drape over furniture for your child to crawl under. Have your child move on a smooth surface like wooden floors or linoleum by lying on their stomachs on the blanket and inching their bodies across the floor by reaching forward with their arms and bringing their lower body up. They can also roll themselves into the blanket by lying sideways on the blanket, grabbing a side and rolling. Of course they then will have to roll themselves out of the blanket.
  - b. Painters tape- Great for making webs that kids have to crawl over or under by stretching tape between walls in a narrow hallway. You can make lines on the floor that your child has to jump over or lanes that your child has to stay within while moving.
  - c. Pillows- Pillows are fun to move on smooth surfaces by kneeling and pulling forward with arms. Make sure your child doesn't go into a W with their legs when kneeling. They can

also sit. Pillows are fun to jump on like stones. Kids love to pretend the floor is full of sharks and they jump from pillow to pillow without falling in. In this case, put the pillows on rugs, so they don't slide.

- d. Rug squares or paper plates- These are another good tool to slide on smooth floors. Have your child "skate" by sliding forward with rug squares or paper plates under their feet. Make sure this is done where there isn't any heavy objects in the way in case they fall.
- e. Laundry baskets and beanies/stuffed animals- Throw beanies/stuffies into laundry baskets from a distance. Once the basket is full, the child pushes the laundry basket forward to the next station.
- f. Red solo cups- With six cups the child has to build a pyramid. You can add cups and make a larger pyramid. The child can use the bean bags or stuffed animals to knock the cups over.

#### Handwriting for the week-

**First grade-** Work on **number 7** Handwriting Without Tears sheet.

You can find instructions on [lwtears.com](http://lwtears.com) in the yellow book or download the form I sent you. Children get confused with direction when moving horizontally at the top. Tell them that 7 moves the same way that you read from left to right. One of the first grade teachers used to say "Across the sky and down from Heaven, this is how to make a seven."

**Second grade-** You are going to do the Handwriting Without Tears form on Homophones. Homophones are words that sound the same, but are spelled differently and have different meaning. For example, ate and eight. The form has been sent to you to download or you can find the same page in the green book on [lwtears.com](http://lwtears.com).

**Third and Fourth grade-** We were working on building sentences that have a subject (noun), action (verb), and a describing word (adjectives and adverbs). I gave you a worksheet with the subject of

insects and a one worm. You are going to create sentences by choosing a noun, a verb, and a descriptive word. I gave a couple of examples. Please create five sentences with spacing, capitalization, and punctuation (.?!). Have fun with it. Make sure your tall letters are taller than your small letters and you hang the tails of your y,g,p under the line. The alphabet is on the top of the page.

Hope you all have fun creating an obstacle course. Often kids want to create their own. Just make sure they are supervised. We don't want any injuries or broken items. Later in the week I will be talking about how to build an outdoor obstacle course and I will have another visual motor/visual perceptual worksheet. Please let me know how things are going with the work I sent out or if you have any questions.

Ms. Faherty OT