

Occupational Therapy Home Lessons

March 18-20

Number Game- For this game all you need is a couple of pieces of paper, scissors, a writing instrument, and a garbage can. The goal is decrease number reversals, build on visual motor skills, eye-hand coordination, and increase grip strength.

Step 1: Write out a number line and cut it out for reference, and place it on a table or desk.

1 2 3 4 5 6 7 8 9

Step 2: Write out the numbers 2, 3, 4, 5, 6, 7, and 9 both reversed and correct and cut out these numbers. They should be the same size as your numbers on the number line. Place them face down on the table and mix them up.

Step 3: The student has to flip them over, one at a time, and place the correct formation on their number line. If a number is reversed, the student crumples up the number with their writing hand only and throws it in the garbage. The activity is completed when all numbers are correct on the number line.

***Too easy? Try using numbers 11-19 and mix up the number sequence, so 12 looks like 21. For more active kids, hide the numbers in the room and they have to find them. Instead of throwing the incorrect numbers away, have them re-write the numbers correct on the other side of the paper.

Keep the number line for reference when doing math work to check their numbers and for the next activity

Sensory Number Fun- For this activity you need a cookie pan, salt, flour, or shaving cream. You don't need the pan, but it definitely makes clean up easier. Kids remember how to make their numbers when they have tactile input. Practice writing numbers on the pan in the salt or shaving cream. Make sure your child makes them top down and that they look correct. You

can also work on 2 digit numbers to practice sequence. The nice thing about this activity is kids find it a lot of fun. It can get messy, so they might want to wear a shirt that can get messy.

Baby-Army-Kid Crawling Game- All you need is clean enough floors and your voice. Kids love playing baby and army. Crawling works so many muscles and all of them help kids learn. Try to play this game for at least ten minutes and before having to sit to do table work. If kids are really resistant to table work and love this game, have them earn it for after table work. The rules are this, when you say the word “baby” or the sentence, “Where’s the baby?” the child has to go down on all fours and crawl. When you say “army” or “In coming” the child has to go into an army crawl with their belly touching the floor. When you say their name, the child has to stand and walk around. You can switch the sequence of your calls, but the student has to switch as fast as they can between the movements. For extra active kids, add in calling out frog or kangaroo and they have to leap or jump.

Letter Formation of r, n, m- Practice writing these numbers on paper with a pencil that has a good eraser. Make sure your child is starting top down with a line going down to the bottom line, then they come up and finish the letter with a curl, a hill, or two hills. First work on **r**, then **n**, then **m**. I tell my students there is a r in every n and m. Top down writing is the most efficient and fastest. Have the student make three letter words that have r, n, and m in them, such as **ran, man, car, rim**. Have the child come up with five words. They get a point for every r, n, and m in the word and that is formed correctly. For example, the word car gets one point for the r. The word rim gets two points for the r and m. Count up the points earned and then have them come up with five more that will give them more points than the first five. If too easy, have the student work four or five letter words. What is most important is the formation top down, so keep your eyes on their pencil.

For future games you might want to get these inexpensive items: blow bubbles, balloons (make sure not around babies or toddlers or any child that likes to stuff things in their mouth), Playdough or similar brands, beads, jumprope, dice, colored paper, scissors, LRC game, pack of plastic animals. Toothpicks, mini marshmallows. Most of this stuff you can find at Party stores or Target. It is really easy to use other things around the house, so don't feel you have to spend a lot of money.

Please e-mail me with any questions regarding the ideas above. I am more than happy to help. I am really going to miss my kiddoes.

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