

OT letter and activities week 3 March 30

So we are in week three of our school at home. Hopefully, everyone is adjusting. Hopefully, some of the items I mentioned in my first letter have been purchased or already exist in your homes. Before sitting to do work, I always do activities to move the body and work on sensory and motor development. Here are some activities:

Dice Game: Roll a dice ten times and do the following activity based on your roll.

- Roll a 1- one plank for a count of 10
- Roll a 2- two somersaults or forward rolls
- Roll a 3- three donkey kicks
- Roll a 4- four stretches to the ceiling and then down to the floor from a standing position with legs straight
- Roll a 5- five jumping jacks
- Roll a 6- wrap your arms around your body to give yourself a six second hug

You can adjust this game depending on your child's strength and endurance. Older kids can do double of each reps per item.

Playdough fun- This is a good activity to strengthen a tripod grip. You need playdough and small beads or coins. Board game pieces would work also. The child rolls the playdough into a ball. With their thumb they push the bead into the playdough. With their thumb and index or pointer finger they pull it out. Most kids like to do the pushing of all the pieces in first and then do the pulling. If they use only their dominant, writing hand to squeeze the playdough into a ball that helps to strengthen their hand.

Trace, Design and Color Your Hand- All you need for this activity is paper, pencil, scissors, and either crayons, markers, or colored pencils. Place a piece of paper vertical on the fridge with magnets. It should be at your child's shoulder height. Have the child trace their writing hand with a pencil while standing. Next they trace the outline with a black marker. The child then

designs the inside of their hand with pencil. Encourage them to make patterns and be creative. Next they color the design. When done they can cut out their hand and stick it up back on the fridge. This activity is designed to strengthen shoulder muscles and addresses visual motor and fine motor skills. You can model a cool design by making a model yourself.

Card games- All you need is a pack of cards. I usually play Crazy Eights with the kids, because the kids have to hold a number of cards in their hands which helps build up their palmar grasp used with writing. In Crazy Eights each player gets 8 cards and then the rest of the deck is put face down, except for the top card which is placed face up on the deck. The deck is put between the players. The players take turns placing cards on the face up card that have either the same number or the same symbol, heart, diamond, spade, or club. They can put down as many cards they can match. If they can't find a card that works and they have an 8, they can put down the 8 and change the symbol. If they don't have an 8, they take cards from the deck until they can match the number or symbol or get an 8. They can't skip their turn. The winner is the one who places all their cards down and has none left. I like this game because kids have to stay focused on the other player's move and often have to switch focus on what they need to put down. This switching of their focus builds up cognitive flexibility. For better directions of this game please look it up on the internet. Other good card games are War, Go Fish, and Old Maid. Older kids might like Solitaire.

Now for handwriting practice. This week kids in first grade are going to work on k. Please see and if possible download the HWT Pencil Pick-Ups and Letter k pages. Kids in second, third, and fourth grades are going to work on the HWT Pencil Pick-Ups and Self Portrait pages. I have also provided an alphabet formation page from HWT that can be used to check letter placement and size. Please make sure your child is forming their letters top down. It is the fastest and least tiring letter formation.

As always, please let me know if you have any questions. I love to see finished work, so if possible send a photo to hfaherty@town.hull.a.us .

Stay healthy guys!

Ms. Faherty