



OCCUPATIONAL THERAPY - HOME ACTIVITIES

Warm-up activities (for sensory input) - The following activities be used as a warm-up before practicing any of the fine motor activities.

Proprioceptive activities (provides heavy input to muscles and joints):

- Wall push-ups (Stand with feet slightly apart facing the wall and push against the wall)
- Clapping games
- Tossing a heavy ball
- Walk on all fours
- Hang from overhead bar
- Wheelbarrow walk on hands
- Carry a heavy backpack on a walk/hike
- Hop on one foot
- Crab walk
- Mule kick (kick legs back while supporting self on extended arms)
- Walrus walk (pull body across the floor using extended arms)
- Elephant walk (crawling on the floor lifting arms into the air and hitting the ground)
- Marching
- Tug of war
- Push or pull person or toys in a wagon, sled, wheelbarrow
- Carry a laundry basket or other household objects during chores
- Cath with a medicine ball
- Roll therapy ball over for deep pressure
- Wearing weighted vest

Vestibular Input (rocking or swinging) - starting and stopping frequently or changing speed is

- Swing on a trapeze,
- Lifting legs up swing upside down on a trapeze swing hammock
- Swing in sync with a friend
- Swing on stomach
- Sliding board - use sides of the slide to control speed rolling up/down a hill
- Rolling toward a target
- Spin on scooter board
- Rock in a hammock

Tactile input (touch)

- Bury body parts in sand, leaves, grass dig in the sand with hands
- Cover body parts with wet sand shaving cream/whipped cream
- Walk barefoot in the grass
- Roll in the grass (toward a target) run through a sprinkler
- Rub with a towel
- Apply own suntan lotion
- Paint with sand
- Fingerpaint with lotion, Jello, pudding or sweetened or condensed milk
- Silly String
- Sensory Bins - hide toys in rice, beans, dry pasta
- Vibrating pens
- Wikki Stix
- Put familiar objects in a box or bag - child reaches and identify without looking