

OT Activities for the week

Key Stage 3

Fine Motor Activity

Pasta Jewellery

Materials:

- Paint
- Paint brush
- Pasta
- Pipe cleaners or string

Instructions:

1. First, paint the pasta by rolling it around in the paint or use a paint brush to paint the pasta. Your child might like to mix the colours too. Let the pasta dry overnight.



2. Once the painted pasta are dry, thread them onto a pipe cleaner or a piece of string to create a necklace or bracelet.



Gross Motor Activity

Balance on the Web

In this activity, your child will promote motor planning skills, as they plan their route on the spider web. In addition, they will strengthen their balance skills and their core, while walking on the web lines and squatting down to pick up objects

Targets:

- Balance
- Body Awareness
- Core Strength
- Eye-Hand Coordination
- Motor Planning
- Pincer Grasp
- Visual Perception

Materials:

- Bean Bag
- Container
- Masking Tape
- Ping Pong Ball
- Tongs
- Tweezers



Instructions:

1. Use the masking tape to create a large spider web shape on the floor or carpet. Place the container in the centre of the web.
2. Place different objects to be picked up inside the spider web. Ping-pong balls and bean bags work well for this purpose or be creative and use other items you may have around the house!
3. Instruct your child to walk and stay on the web lines while picking up all the objects along the way and putting the objects in the container. As your child picks up the object, encourage them to squat down, reach for the object while staying on the line, pick up the object, and return to a standing position.
4. If you feel your child needs a bit more of a challenge, instruct your child to throw the objects into the container and use a point system where your child gets a point for scoring and loses a point if they fall off the spider web line.
5. You can also work on pincer grasp by using small objects, such as plastic bugs, and have your child use tongs or tweezers to pick up the items.