

OT Activities for the week

Key Stage 3

Fine Motor Activity

Crumples

Targets:

- Hand dexterity
- Pincer grasp
- Eye-hand Coordination skills
- Pre-writing skills

Materials:

- Plain paper
- Glue
- Tissue paper

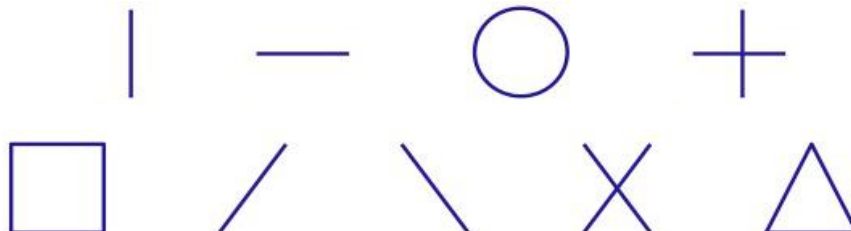


Instructions:

1. On a piece of paper, ask your child to draw a simple shape, a simple picture or to write their name. If this is too difficult for your child to complete, draw the shapes, lines or their name yourself on the piece of paper. Below are the shapes and lines that are important for a child to master in order for them to write letters of the alphabet if this is something they are working on.

PRE-WRITING SHAPES

Before your child can learn to write, he or she needs to be able to draw these shapes



2. Let your child tear out small pieces of tissue paper and ask them to crumple the pieces into a small ball, using their fingers. If your child's hands are too weak, you should provide him with smaller pieces of tissue paper. To make this a little more of a challenge, you should encourage your child to use only their thumb, index finger, and middle finger.



3. Lastly, have your child glue the little balls they have crumpled onto their drawing.



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.