

OT Activities for the week

Key Stage 4

Fine Motor Activity

The Tong Activity

This is a great activity for your child to build up their hand strength!

Materials:

- Tin or container
- Tongs
- Some cutlery

Instructions:

1. Instruct your child to use one hand to use tongs and pick up on cutlery at a time.
2. Pop them in the tin. Amusement all round!
3. To make this a little more challenging find smaller items and have your child use some tweezers to pick up and place items in the tin or container.
4. If you want to go further, time them to see how fast they can get all items into the container and see if they can beat their record on the next round!



Gross Motor Activity

Obstacle course

This a great activity to build up your child's bilateral coordination and motor planning skills as well as build up their core strength and improve balance! It will be a huge hit with the kids and can be made different every time!

Materials:

Have your child make the course, using some of these creative ideas

- Masking tape – to balance on
- Couch cushions – to hop between
- Table – to crawl under
- Chairs – to crawl under or climb over
- Tupperware/containers – to hurdle over
- Stuffed animals – to roll over
- Plastic cups to run around
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Instructions:

1. Take a moment to set-up a super engaging course
2. Instruct your child to complete the obstacles
3. If your child wants more of a challenge, have them race against the clock. You could even have them attempt it balancing a bean bag or stuffed animal on their head, or with 1 hand behind their back.

