

# OT Activities for the week

Key Stage 5

## Fine Motor Activity

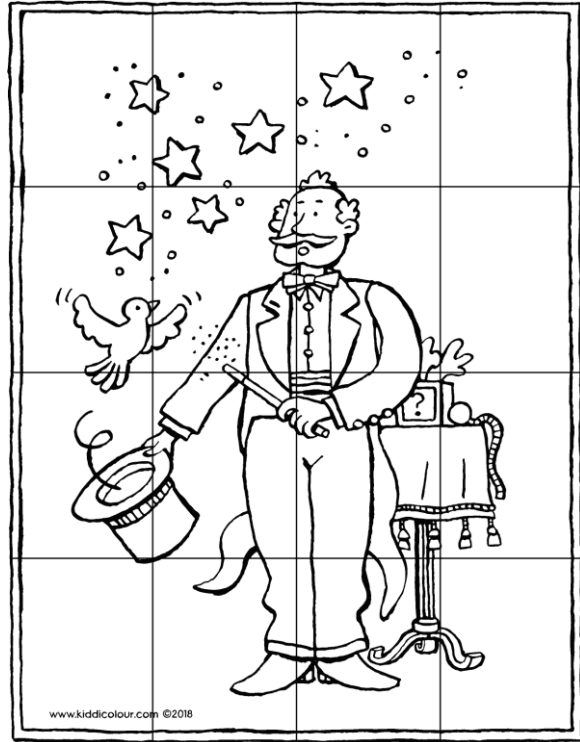
### Make a puzzle

#### Targets:

- Bilateral hand use
- Fine motor control
- Cutting skills
- Visual motor skills

#### Materials:

- Paper
- Pencils/crayons
- Ruler
- Scissors



#### Instructions:

1. Instruct your child to draw a picture on some paper. If this may be too difficult, you can draw a picture for them that they can then colour in.
2. Use the ruler to draw horizontal and vertical lines for the child to cut (number of pieces depends on your child's skills. You can also draw curved or wiggly lines depending on your child's cutting abilities.)
3. Have your child cut across the lines.
4. Once cut, the child should reassemble the puzzle.
5. Place the pieces in a zip-lock bag to re-do puzzle again if preferred.

## Gross Motor Activity

### Ping Pong Plates

#### Targets:

- Crossing the midline
- Motor Planning
- Eye-hand coordination
- Upper body strengthening
- Proprioception

#### Materials:

- Balloon
- Crayons/pencils
- Glue
- Masking tape
- Paper plate
- Wooden sticks or icy lolly sticks



#### Instructions:

This activity is divided into 2 parts: creating the rackets and playing ping pong with the rackets and the balloon.

1. First, instruct your child to decorate their paper plate using crayons/pencils to colour or write on them.
2. Instruct your child to glue the wooden stick to the paper plate with the wooden stick sticking out of the plate. The wooden stick is going to be where you hold the racket so the length of the stick that comes out of the paper plate should be long enough to hold.
3. Inflate the balloon.
4. Hold the paper plate racket and bounce the ball around.
5. If done with other members of your family at home, you can instruct them to use the paper plate to bounce the balloon from one to another while playing a ping-pong game.

