

# Occupational Therapy Activity for the Week

## Key Stage 4

### Fine Motor Activity:

#### **Egg Carton Jellyfish**

The egg carton jellyfish is a great use for an old egg carton! They can be used as a mobile and hung in the bedroom or played with as puppets. Decorate any way you desire to extend the fun. You can add paper eyes and paint with watercolours but almost anything goes with this fun jellyfish craft.

#### *Targets:*

- Scissor skills
- Bilateral coordination
- Hand and finger strengthening

#### *Materials:*

- Egg carton
- Paint
- Markers
- Wool/string
- Scissors
- Glue
- Needle. (Sharp needle to poke a hole and a large needle to fit the string).
- Paper for the eyes
- Tissue paper

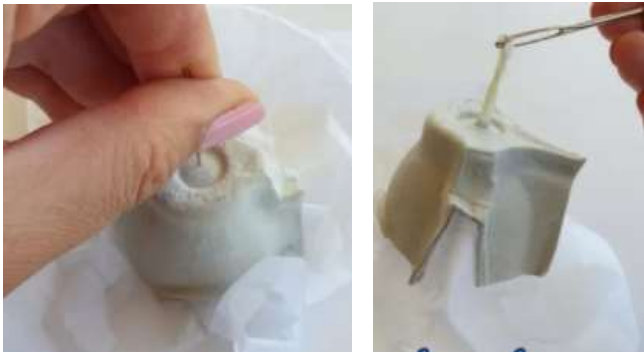


#### Activity Instructions:

1. Gather all the supplies needed.
2. Have your child use scissors to cut your egg carton into segments and trim neatly around the bottom of each one.
3. IF needed use some of the egg carton scrap pieces and glue them to fill up any gaps. Some egg cartons will trim up nicely and this stage will not be needed. You can also opt to skip this step as it will still look good once the tissue paper has been added.
4. Cut a square of tissue paper and poke into the inside of the egg carton.



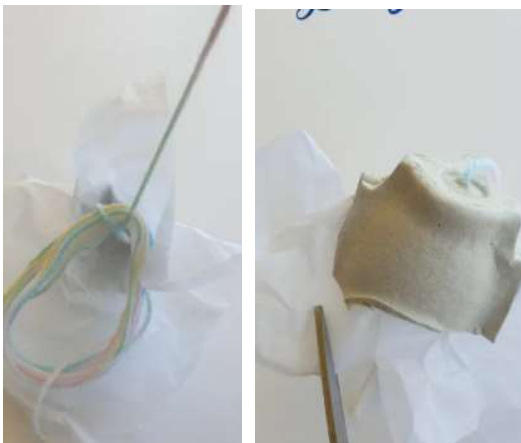
5. Using the sharp needle pierce a hole into the top of the egg carton to make it easier to get the needle with the wool or string through. Thread the string and pierce through the egg carton leaving a length at each side.



6. Wrap string around an outstretched hand like in the photo below. Cut the end of the yarn but leave the loops for now.



7. Tie a knot onto the length of string that is threaded through the egg carton. Trim the bottom loops of yarn so the jellyfish tentacles are loose.



8. Trim the tissue paper and add a drop of glue if extra support is needed to keep it in place.
9. Now decorate! Use paint, markers or other materials to make a unique little jellyfish!
10. To make the eyes, first draw them onto a piece of paper using a marker. Carefully cut them out and then stick them on with a drop of glue.
11. Use a marker to add a small smile onto the jellyfish.
12. Get creative! There are so many different ways to decorate your jellyfish and there is really no wrong or right.

### Gross Motor Activity

#### **Sock Toss Game**

##### *Targets:*

- Hand-eye coordination
- Upper Body strengthening

##### *Materials:*

- A few pairs of socks
- A box or container
- A piece of paper

##### *Activity instructions:*

- Gather up your child's sock into pairs and fold them
- Have a piece of card for your child to stand on or something to mark where they are required to stand.
- Put a box a few feet away from the marker
- Ask your child to stand on the marker and throw the socks into the box
- After, they can use their counting skills to count how many pairs of socks are in the box and how many are outside the box. Which has more socks in it?

