Occupational Therapy Activity for the Week
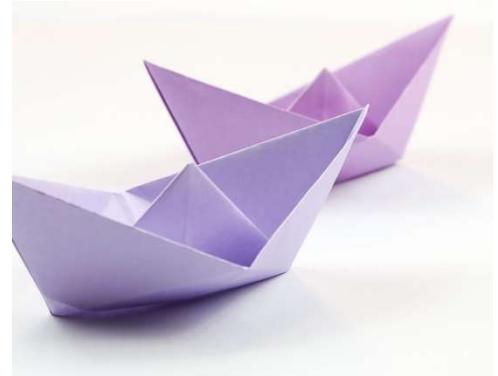
Key Stage 5

Fine Motor Activity

Origami Floating Boat

Learn how to make the most well-known origami boat with this quick and the following easy step-by-step instructions. This origami boat can also float in water! To make the boat last longer when it's on water, try using foil paper or grease-proof paper.
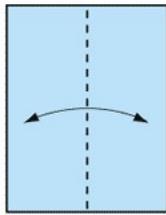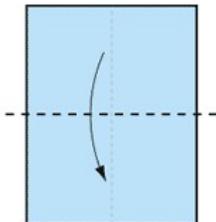
Materials:

- 1 Rectangular sheet of paper
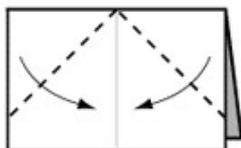
Instructions:

1. Start with a rectangular piece of paper, coloured side up. Fold in half, then open.
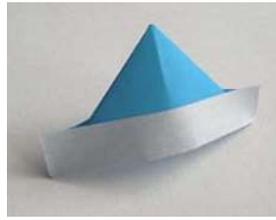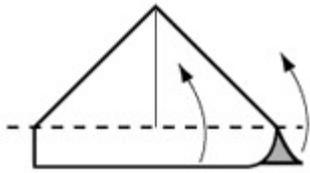
2. Fold in half downwards.
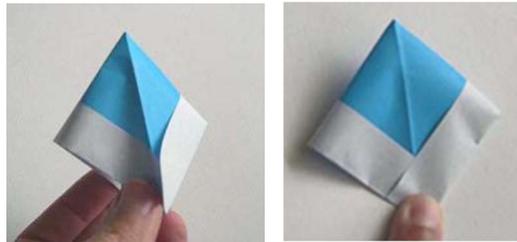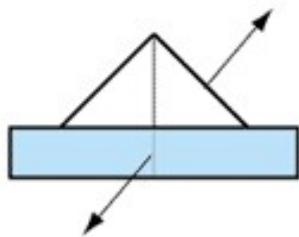
3. Bring corners in to centre line.

4. Fold uppermost layer upwards & do the same to the back. Crease well.

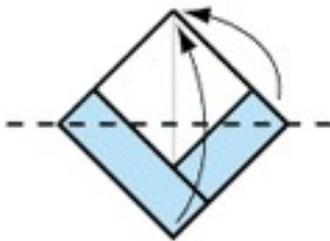At this point, it now looks like a hat! You can use your fingers to pull it out into a hat or keep going to make a boat.
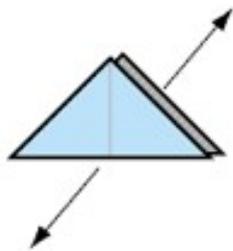
5. Bring the corners of the hat brim towards each other. It is kind of like you are 'squashing' the hat into a square.
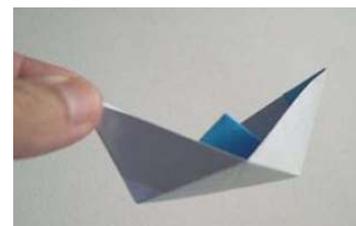
6. Fold front layer up to the top, & do the same to the back.

7. Pull the sides outwards and flatten.

8. Gently pull the top parts of the model outwards, making a boat shape.
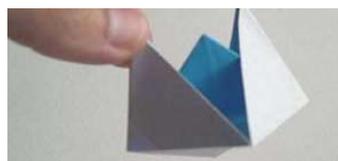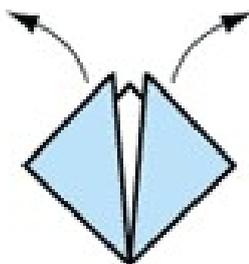
9. Flatten well to crease all folds. Then open out slightly, forming a boat shape. Finished boat! Now you just need some water to float it!

Origami Paper Plane

This is the classic dart paper airplane that is quick and easy to make. It flies far and fast, but be careful of its very pointy tip!

Materials:

- 1 rectangular piece of paper

Activity instructions:

1. Start with your rectangular piece of paper
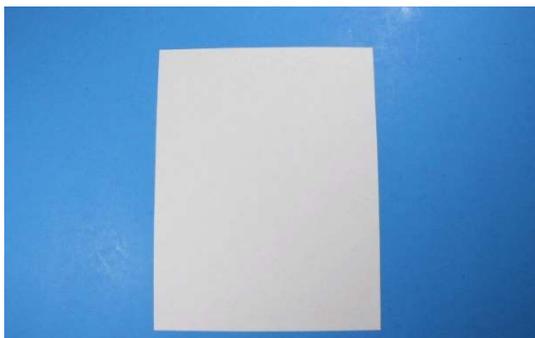
2. Fold the left half to right to make a crease in the centre.
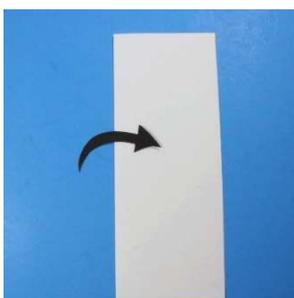
3. Unfold.

4. Fold both top corners to the centre.
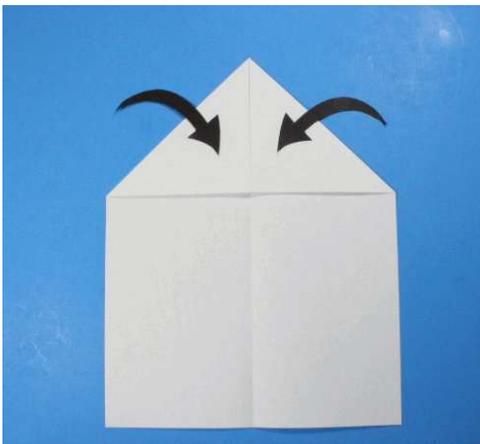
5. Fold the new left and right corners to the centre.

6. Fold plane in half, from left to right.

7. Now fold the left edge to the right to form the wing. Use your fingernail to help make the tip as pointy as possible.

8. Turn the plane over and fold other wing to line up with the first wing.

9. Unfold the wings and make sure the wings are tilted up a bit.

10. Hold right here and throw it far!

Indoor Game of Hopscotch

Targets:

- Body control and balance
- Strengthen lower and upper limbs
- Eye-hand coordination
- Turn taking and self-control

Materials:

- Masking tape
- Coloured/plain paper
- Scissors
- Markers

How to play:

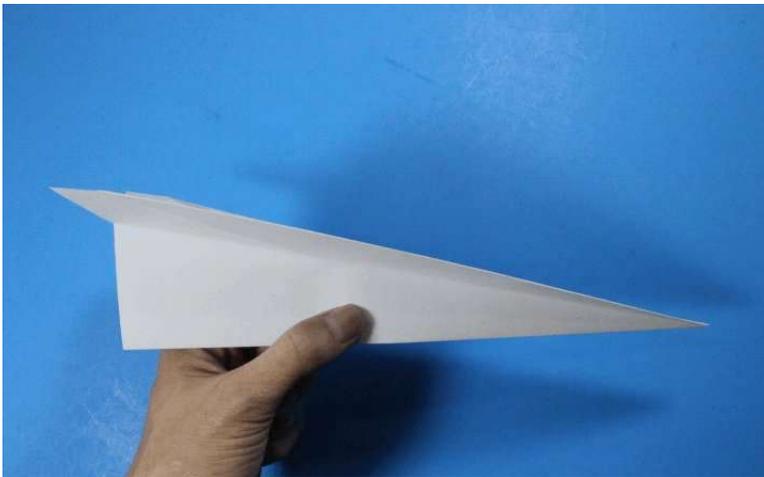1. Create a traditional hopscotch diagram like the picture above on the left, using masking or painter's tape with number 1-10. As an alternative you can write numbers on pieces of paper and stick them to the floor.
2. Throw a small toy, beanbag, or other marker into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)
3. Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on. If you're child find it's too challenging to hop on one leg, encourage them to jump with both legs to each number.
4. At the pairs (4-5 and 7-8), jump with both feet, one foot on each number.

5. At 10, hop with both feet, turn around, and head back toward the start.
6. When you reach the marked square again, pick up the marker—still on one foot!—and complete the course.
7. If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number.
8. If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins.

*If you'd like to try something different, you can cut an assortment of different shapes with your child and stick them to the floor with masking tape. You can then:

- Hop from one side to the other only touching one colour/shape.
- Call out colours or shapes that your child has to race and jump to.
- Jump across the shapes following directions like…"jump 2 shapes to the right"