

Occupational Therapy activities for Home



Occupational Therapy is a holistic profession that helps people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities, also known as 'occupations'. We use specialist approaches and techniques to maximise a child's engagement, achievement and independence in all their occupations; including at school, during play and leisure activities and self-care skills such as dressing and feeding.

This pack has been designed by the Occupational Therapists from the London Children's Practice who work at Spa School and includes some activities and games that can be used to target key areas that essential for home and school life, while the students are at home.

If you have any questions or would like more specific advice– please get in contact with one of the school Occupational Therapists – Megan Finch (megan.finch@londonchildrenspractice.com) and Sasha Starr (sasha.starr@londonchildrenspractice.com)



Building Routine

Routine is important to maintain and will be essential to a prolonged period at home. When building yours and your child's routine, begin with the staples of every day, Sleeping, eating and productivity.

To help with this, we have put together an example – please feel free to use this as a template to adjust to your family life and how you think it might be useful for your child.

My Daily Timetable

Time	Activity	Description
7:00-8:00am	Wake-up	Keep wake-up time the same each day to support a good sleep/wake cycle.
	Make my bed	Building this into daily routine builds good responsibility and is a great piece of movement. Making their bed also reinforces that it's time to get up and into their day.
	Get dressed	Practice simple dressing skills. Removing Pyjamas and working on putting on clothing with graded support.
8:00-9:00am	Make my Breakfast	Encourage this independence in getting a simple breakfast together. Make your own breakfast alongside your child and to model the simple process.
	Eat my Breakfast	Sitting together and eating is a great motivator to sit at the table throughout the meal.
	Planning tasks for the day	Avoid technology at this time. Outline lesson plan as per school correspondence and allow them choices for tasks, movement breaks or transitional activities where possible. Where possible, ask the child to write or draw the plan of the day.
9:00-9:30am	PE with Joe Wicks	Search: YouTube → Joe Wicks (Daily live videos)
9:30-10:00am	School work & sensory breaks.	This is the time where you can filter in learning set by school but give their body time and space to move in between activities. Every 15-20mins you might see their bodies needing some grounding activities as they are becoming 'wiggly' or they need some alerting activities as they are becoming slow and tired, see below. Alternatively, they may benefit from relocating from the table to the floor, to a bean bag, to a cushion.

10:00-10:10am	Music with Myleene Klass	Search: Youtube → Myleene's Music Klass (Daily live videos)
10:10-11:00am	School work & Sensory breaks	As above.
11:00-11:30am	Snack & Science with Maddie Moate	Healthy snack Search: Youtube → Science with Maddie Moate (Live videos daily Monday-Friday)
11:30 – 12:15pm	School work & sensory breaks.	As above
12:15-1:15pm	Make my lunch	Get kids involved in making their own food. Encourage choice between 2 available options.
	Eat my lunch	This is another great time within the day to sit with your child and enjoy time together.
	Wash my dishes and free time	Functional water play! Encourage independent play during this time, whilst parent/guardian can find tasks on 'Maths with Carol Vorderman'.
1:15-1:45	Dance with Oti Mabuse	Search: YouTube → Oti Mabuse Official (New live videos added daily)
2:00- 3:00pm	School work & sensory breaks.	As above.
3:00-3:15pm	Snack	
3:15-4:00	Maths with Carol Vorderman	(Create an account. Currently accessible for free) www.themathsfactor.com
4:00-5:00pm	School work & sensory breaks.	
5:00-5:30pm	Get creative / Independent play	Encouraging independent play during this time will allow you time to prepare dinner.
5:30-6:00	Cooking with Jamie	www.channel4.com/keepcookingandcarryon (Free, but requirement to register. New videos added daily.) or child to continue with 'get creative/independent play'.
6:00-7:00pm	Set the table	Simple responsibility around setting the table for the number of individuals in the house, ensure there is a knife and fork for each person and then knowing left from right.
	Dinner	Great time to gently expose children to some new foods by having them near him and sitting next to family members eating food that they typically don't eat.
7:00-7:20pm	Storytime with David Walliams	www.worldofdavidwalliams.com New stories added daily.

		(Try not to have the child in front of the screen, instead playing in the background)
7:20pm	Calming activities and quiet time	Finding time to calm in preparation for bed is important. Dim the home, shutting curtains and tidying away 'distractions' such as toys is important to the 'out of sight, out of mind'.
7:45-8:30pm	Bath	Bathing just before bed is a great way to support the hormones in the body to support the body to sleep. In the bath this is a great time to practice brushing teeth, wash and brush hair, and develop awareness of body.
	Pyjamas	Pyjamas are the easiest type of clothing to put on.
	Bed	Bedtime should be the same every day. Maintain the consistent routine that you have. This is only a guide and younger kids should be going to bed earlier.

Sensory break suggestions:

TYPE OF BREAK:	HOW TO FIND:
SENSORY CIRCUIT	OT Sensory Circuit resource – on school website
CHILDRENS YOGA	YouTube → Cosmic Kids Yoga
LEARNING DANCE MOVES	YouTube → Go noodle
PAINTING USING HOUSEHOLD ITEMS	YouTube → Jay Lee Painting
SONGS AND DANCE	YouTube → Bounce Patrol – Kids Songs