



# 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](mailto:megan.finch@londonchildrenspractice.com)) and Sasha Starr ([sasha.starr@londonchildrenspractice.com](mailto:sasha.starr@londonchildrenspractice.com))



## Fine motor skills

*Fine motor skills are the way we use our hands and fingers to pick up, hold and use objects. Fine motor strength and fine motor coordination (control) need to be working together for children to successfully use their hands to do things. Fine motor skills are important for helping children learn to become independent. For example, children need good fine motor skills to get dressed, feed themselves, clean their teeth, play with toys and write their name.*

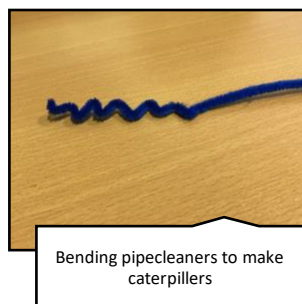
Activities you can do at home can include:



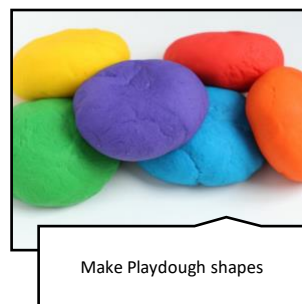
Connect 4



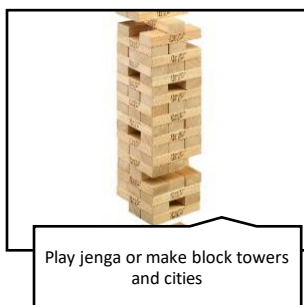
Threading beads onto string to make jewellery



Bending pipecleaners to make caterpillars



Make Playdough shapes



Play jenga or make block towers and cities



Do a race to hang out washing with clothes pegs



Card Games (Snap, Uno, Go fish)



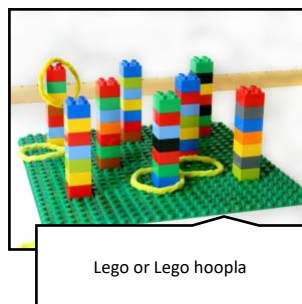
Sorting buttons, coins, etc



Puzzles



Tong relays - carrying clothes, toys and other house hold items from one side of the room to the other



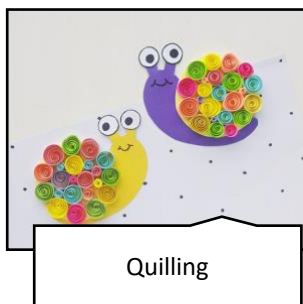
Lego or Lego hoopla



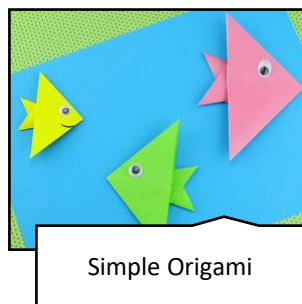
Bubble wrap popping using thumb and index



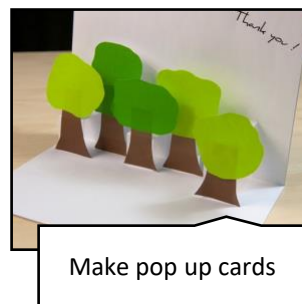
Cut several papers at once



Quilling



Simple Origami



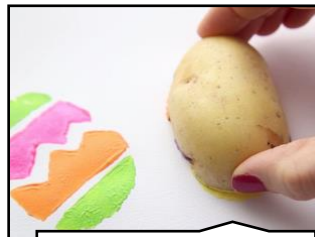
Make pop up cards



Stamping



Make and fly a paper aeroplane



Potato stamping



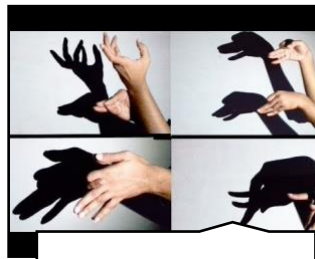
Play with wind up toys



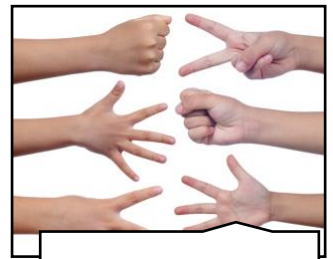
Make finger puppets from felt or card and play



Finger painting



Make shadow puppets



Rock paper scissors game



Mr Potato Head



Play musical instrument, e.g. keyboard



Snapping fingers or clapping to music



Squeezing glue from a tube



Tiddlywinks



Wringing out a flannel by twisting



Make lollipop stick animals



Squirty cream drawing



## Kitchen activities

These will address fine motor skills, motor planning, organisational and sensory skills.



Unload the dishwasher or sort clean cutlery



Mixing with a mixing bowl



Decorating cupcakes



Kneading bread



Squeezing ketchup



Rolling icing fondant



Scooping out ice cream



Piping



Make milkshake



Put food on toothpicks



Make fruit icelollies with fruit juice or cordial



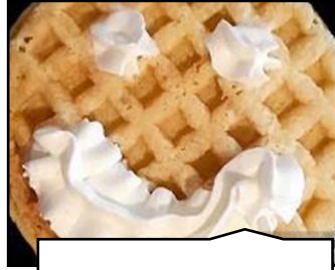
Mash Banana



Peel a banana or orange



Putting food shopping away



Squirty cream drawing



Make a simple batter (pancakes, cake or cupcakes)



Whisk egg with a fork



Pouring



Measuring/weighing



Opening/closing tupperware



Using Ziplock bags



Chopping (with help)



Biscuit cutters



Squeeze lemon



Opening/closing jars