

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.

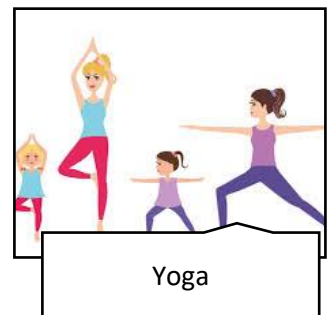
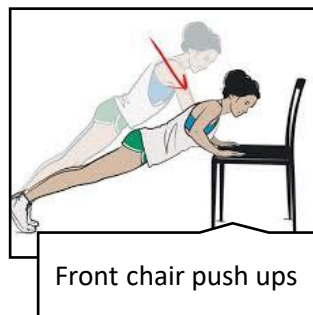
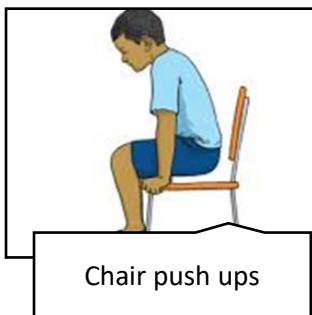
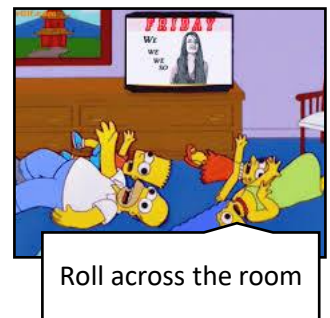
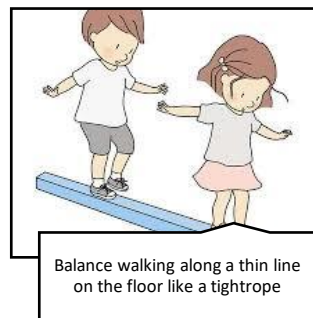
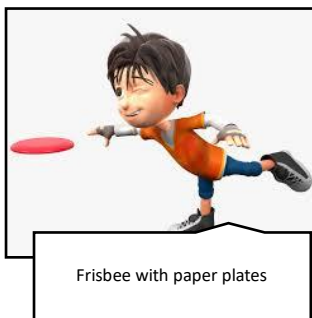
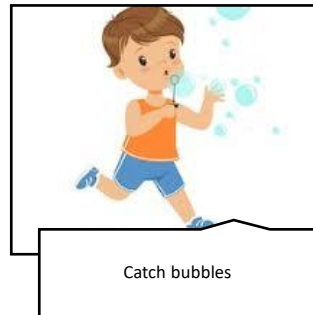
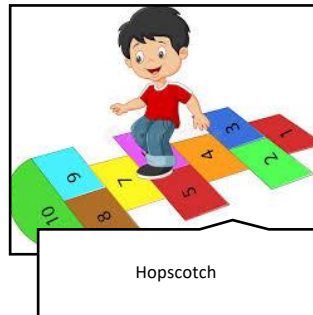
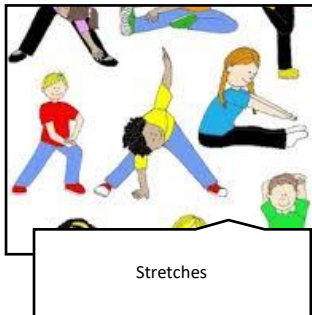
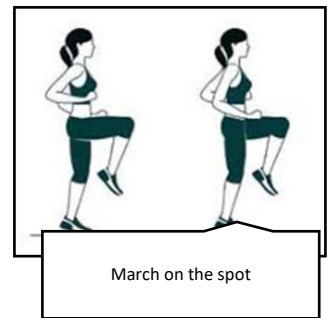
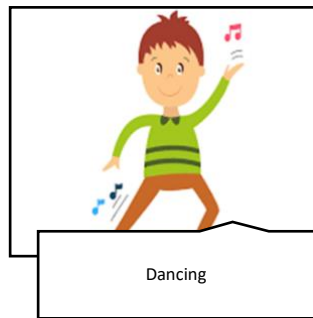
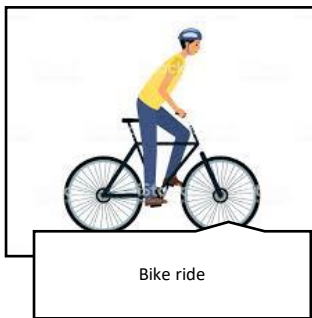
If you have any questions or would like more specific advice– please get in contact with one of the school Occupational Therapists – Megan Finch (megan.finch@londonchildrenspractice.com) and Sasha Starr (sasha.starr@londonchildrenspractice.com)

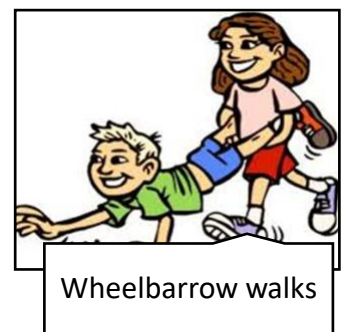
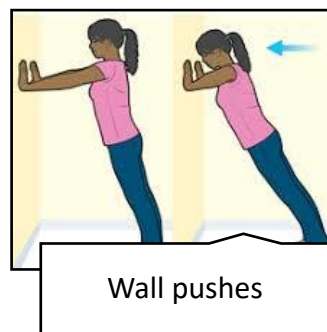
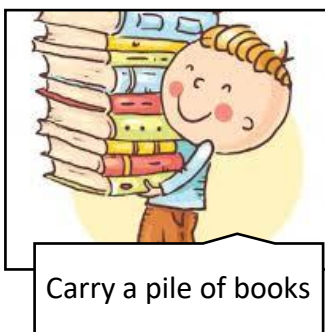
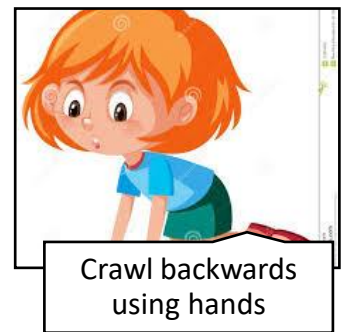
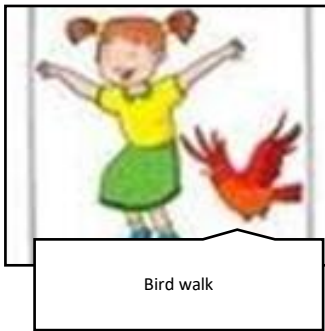
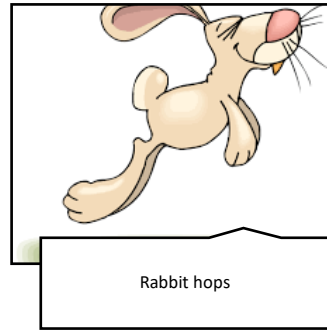
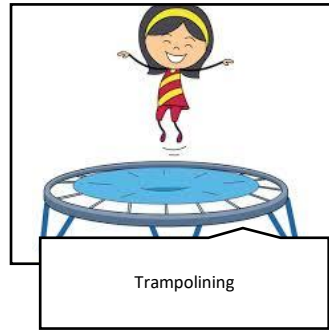
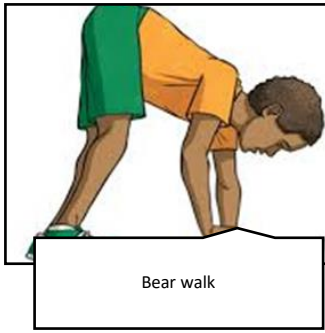


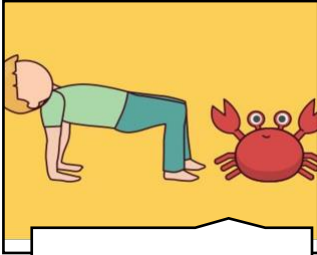
Gross motor skills

Gross motor skills are big motor movements such as running and jumping that involve the large muscles of the body. Gross motor development starts from birth, with abilities continuing to develop and improve as a child ages. Children rely on gross motor skills to engage in physical play and to carry out everyday functional activities.

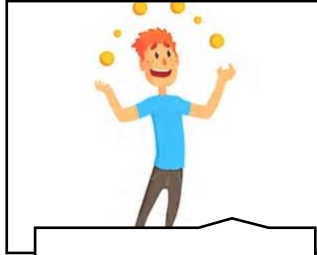
Activities you can do at home can include:



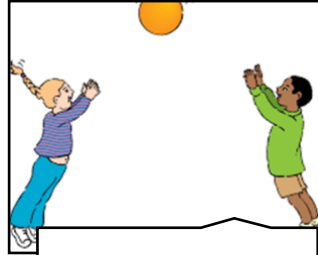




Crab walks



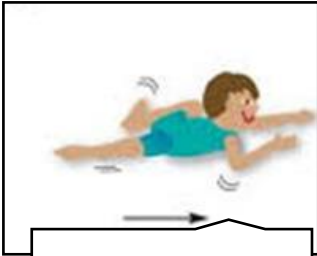
Juggling



Throw and Catch



Skipping



Snake slither



Running



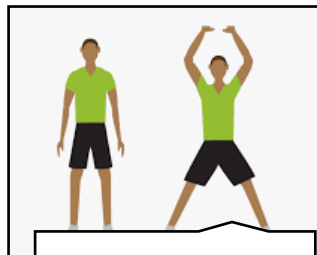
Jumping



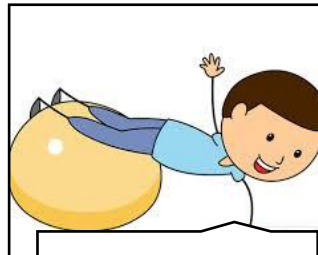
Hopping



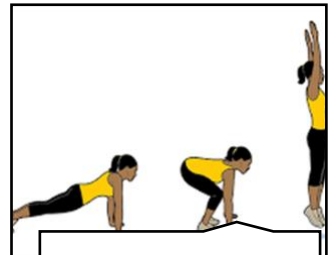
Rolley polley



Star jumps



Gym ball balancing



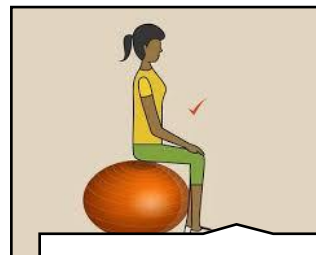
Burpees



Sit ups



Arm dips on stairs



Gym ball bouncing