

# 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))



## Postural control

*Postural control is the strength and stability of your hips, trunk, shoulder and neck muscles which helps to provide a stable base of support. Children who have reduced postural control may slump with a 'hunched' posture when sitting. Having poor posture and sitting position can make activities more challenging. Strengthening these muscles and keeping these conditioned will be really important to support this.*

Activities you can do at home to strengthen core muscles include;



### Egg

- Lie on back, arms across chest, knees tucked into chest and lift head and shoulders off the mat.
- Hold this position for as long as possible



### Supermarn

- Lie on tummy, lift up arms and legs so they are extended but off the floor
- Hold this position for as long as possible



### Ankle touch

- Lie flat on the floor, keep tummy pulled in and touch ankles - switching from side to side.
- Complete as many as possible.



### Log roll

- Lie on your back with your arms straight above your head
- Roll your body using your head and shoulders to lead



### Plank

- Lie on your tummy, go onto your forearms and onto your tiptoes and push up whilst squeezing your tummy muscles. Make sure your bottom is not high up - you want to look like a plank of wood
- Hold for as long as possible.

## Strategies to trial to support when completing seated activities;



Ensure the desk and chair are the correct height. Feet should be flat on the floor and knees and hips should have a 90 degree angle. Back should be straight and shoulders relaxed when forearms are resting on desktop.



Change body position during an activity; kneeling at a low desk, lying on tummy whilst propped on elbows, standing, sitting at a desk etc.



Trial use of a wobble cushion or a gym ball whilst completing seated activities to provide sensory feedback and also develop core muscles.



Trial using a sloped writing board or a ring binder on its side to encourage a more upright posture as work is presented at a higher angle.



Encourage movement breaks at regular intervals throughout the day, especially when sat down for long durations



You may notice increased slumping/poor posture in the afternoon; this will be due to fatigue. This should improve as core and general strengthening exercises are practiced.