



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)



Sensory Circuits

Sensory circuits are a great ‘movement break’ to use throughout the day to help support with regulation – which affects our attention and focus, energy levels and appropriate behaviours. These are helpful to do at regular intervals throughout the day, prior to any transitions and more frequently if you notice if your child appears particularly ‘dysregulated’. These strategies are often implemented into your child’s curriculum at school, and to support them at home the following programme has been put together to be used in the home environment.

The circuit follows a particular order; it is important to follow this to support regulation, if you do these activities in the wrong order this can result in a dysregulated, upset or irritable child!

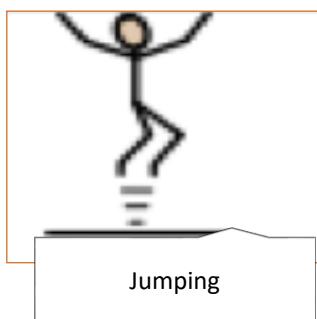
Some strategies will work for your child, and others may not be as successful. It may be worth keeping a note of the successful strategies.

If your child is more ‘low arousal’ (appears sleepy, slow to move, respond or process) they may need more intensive amounts of the alerting activities initially.

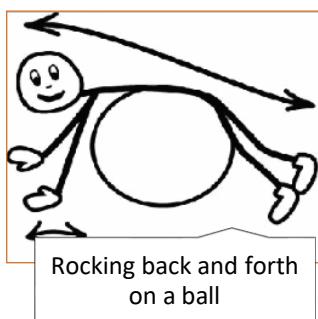
If your child is more ‘high arousal’ (lots of energy, constantly moving, fidgeting) they may not need as much (or any) alerting activities – they can go straight to the organising and calming activities.

1 - Alerting activities

These activities will all cause the head to change direction rapidly, to help stimulate the vestibular sense. Some of these require equipment – don't worry if you don't have this, there's plenty of other suggestions that don't require any equipment, or you can adapt to the equipment you do have! Choose one of the following activities;



Jumping



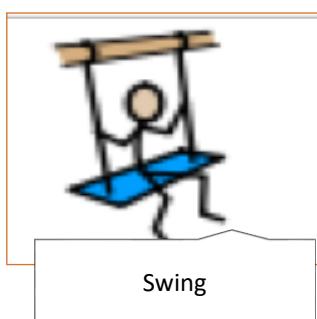
Rocking back and forth
on a ball



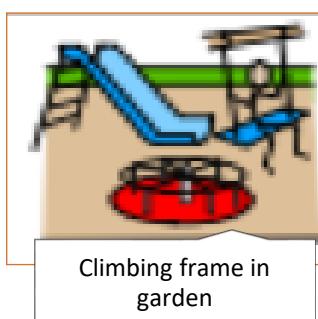
March on the spot



Skipping



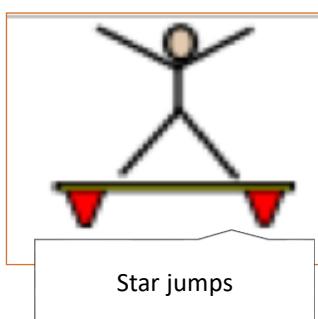
Swing



Climbing frame in
garden



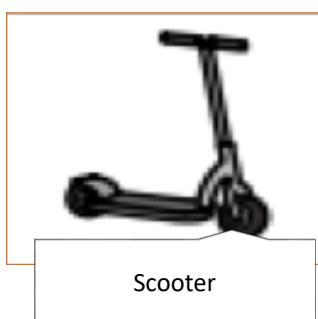
Running



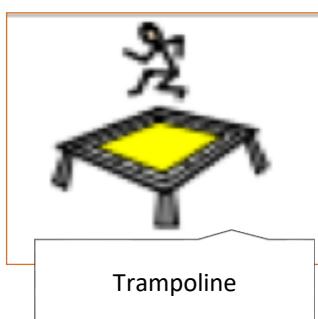
Star jumps



Bike



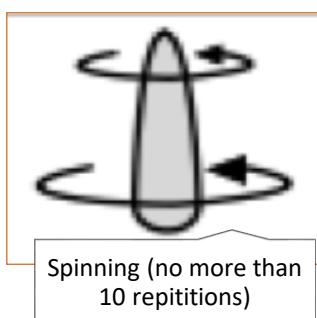
Scooter



Trampoline



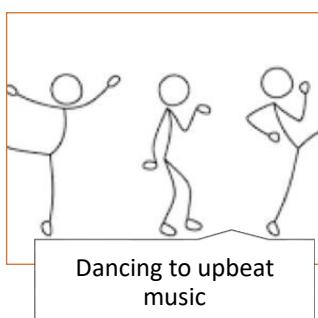
Walk



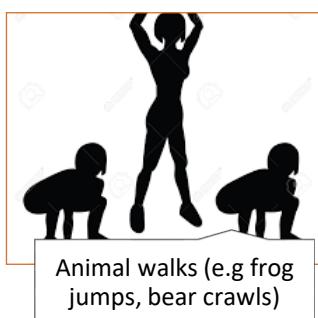
Spinning (no more than
10 repetitions)



Bouncing on a ball



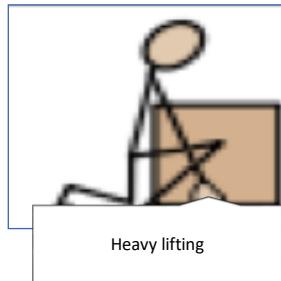
Dancing to upbeat
music



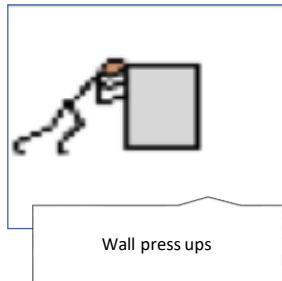
Animal walks (e.g. frog
jumps, bear crawls)

2 – Organising activities

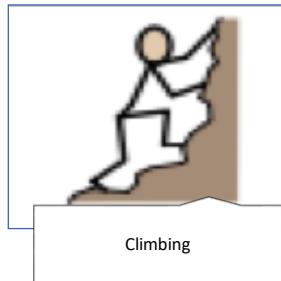
Then completed one of the following activities which are designed to provide a motor challenge to the child to start to calm them down and begin to focus.



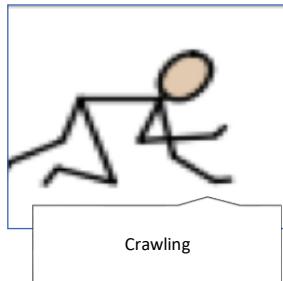
Heavy lifting



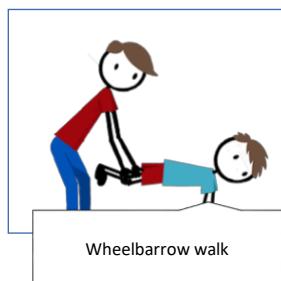
Wall press ups



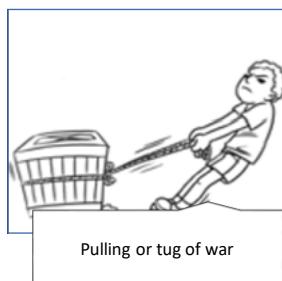
Climbing



Crawling



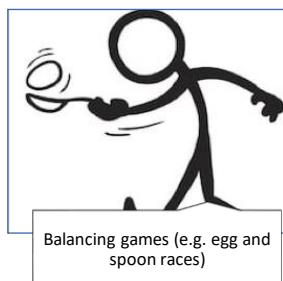
Wheelbarrow walk



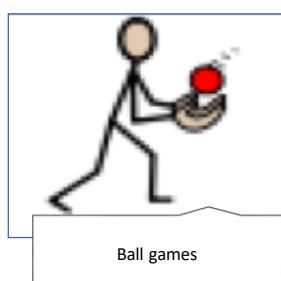
Pulling or tug of war



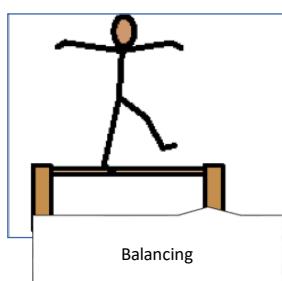
Obstacle course using cushions and furniture



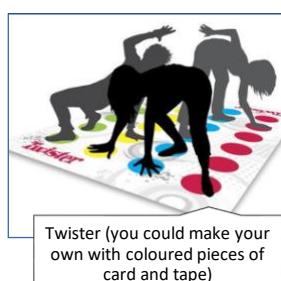
Balancing games (e.g. egg and spoon races)



Ball games



Balancing



Twister (you could make your own with coloured pieces of card and tape)



Carrying heavy items



Hopscotch (put tape down on the floor if you have space and no access to outdoors)

3 – Calming activities

Finally, complete a calming activity – these activities are all designed to provide deep pressure to help calm the nervous system. Additional calming activities that don't require deep pressure have also been included. You may find that your child already has a preference for one or more of these activities.

