

OT ACTIVITIES

FOR HOME



FINE MOTOR

- Color in a coloring book
- Stringing beads
- Paint with Q-tips
- Opening/closing food containers
- Crafts with home supplies (pipecleaners, glue, clothespins)
- Cut and paste scissors activities with magazine or newspaper
- Baking activity
- Stickers on cards
- Color by number
- Sidewalk chalk
- Spray bottle tasks

VISUAL PERCEPTUAL

- Play I Spy around the house
- Puzzles
- Family board games
- Hide items around the room
- Take letters or pictures on wall
- Tape infinity sign on wall
- Where's Waldo?
- Word searches or hidden pictures

- Set up an obstacle course
- Practice handwriting in shaving cream
- Create a sensory bin or sensory bottles
- Animal Walks, Cross Crawls, Log Roll, Wheelbarrow
- Lay upside down from couch
- Yoga Poses
- Water table outside
- Planting

SENSORY/ GROSS MOTOR