

# OT HOME PROGRAM

Home program for : \_\_\_\_\_

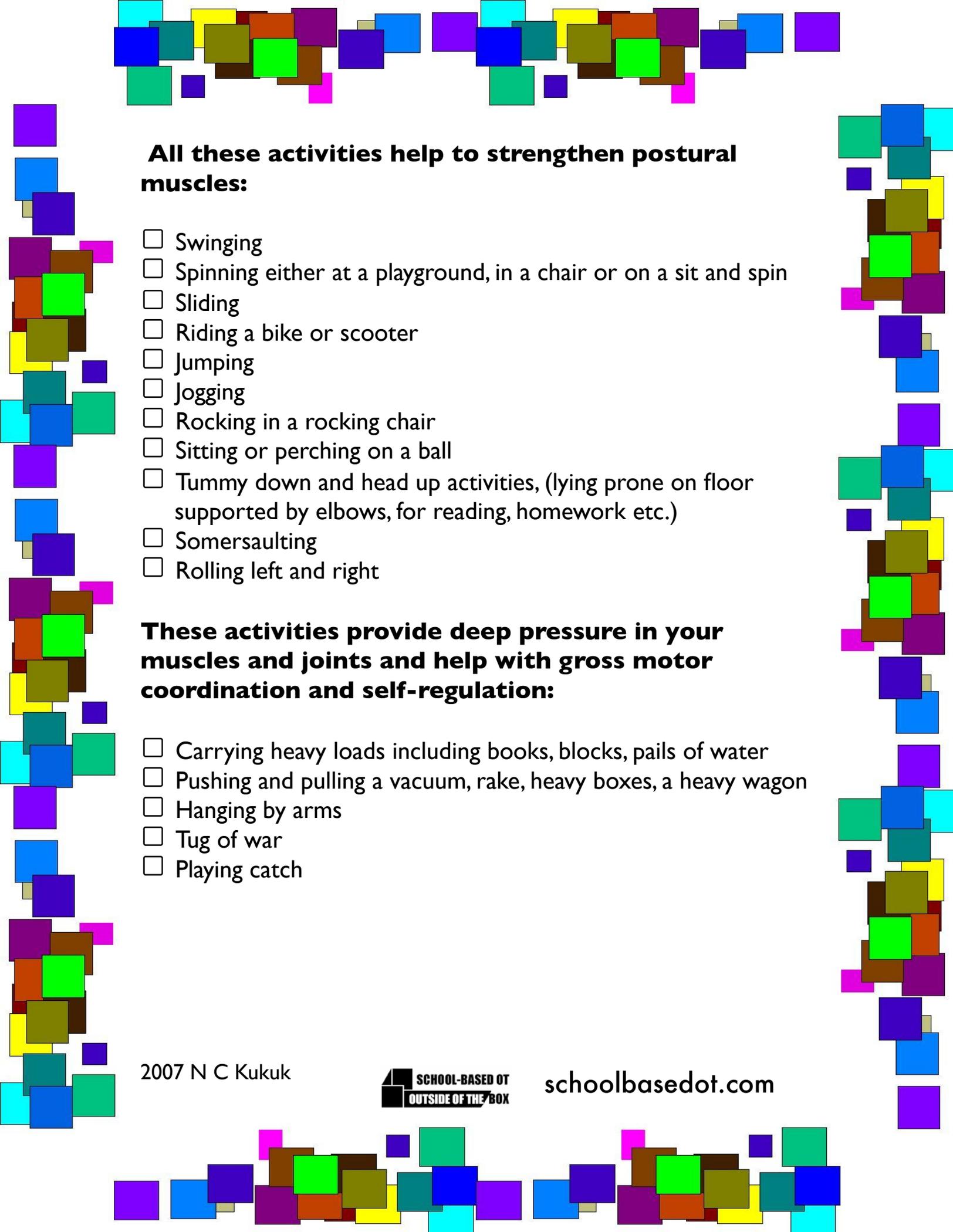
**The following list of ideas of activities that can help improve specific skills. Please do the activities in the category that have been checked.**

**The following activities help to strengthen the upper body including the trunk, shoulders arms and hands.**

- Wheel barrow walks, animal walks (walking on hands and knees)
- Monkey bars
- Wall Push Ups
- Write, draw, color and do activities on a vertical surface, (easel, dry erase board, or chalkboard).
- Using a scooter board in a prone position

**These activities help with fine motor coordination:**

- Manipulating small toys or objects such as Legos
- Manipulating play dough and using play dough tools
- Using clothespins and/or tweezers for placing
- Stringing
- Lacing
- Stretching rubber bands
- Screwing and unscrewing nuts and bolts
- Squeezing a hole punch, stapler and glue
- Removing lids from jars, Tupperware containers, etc.

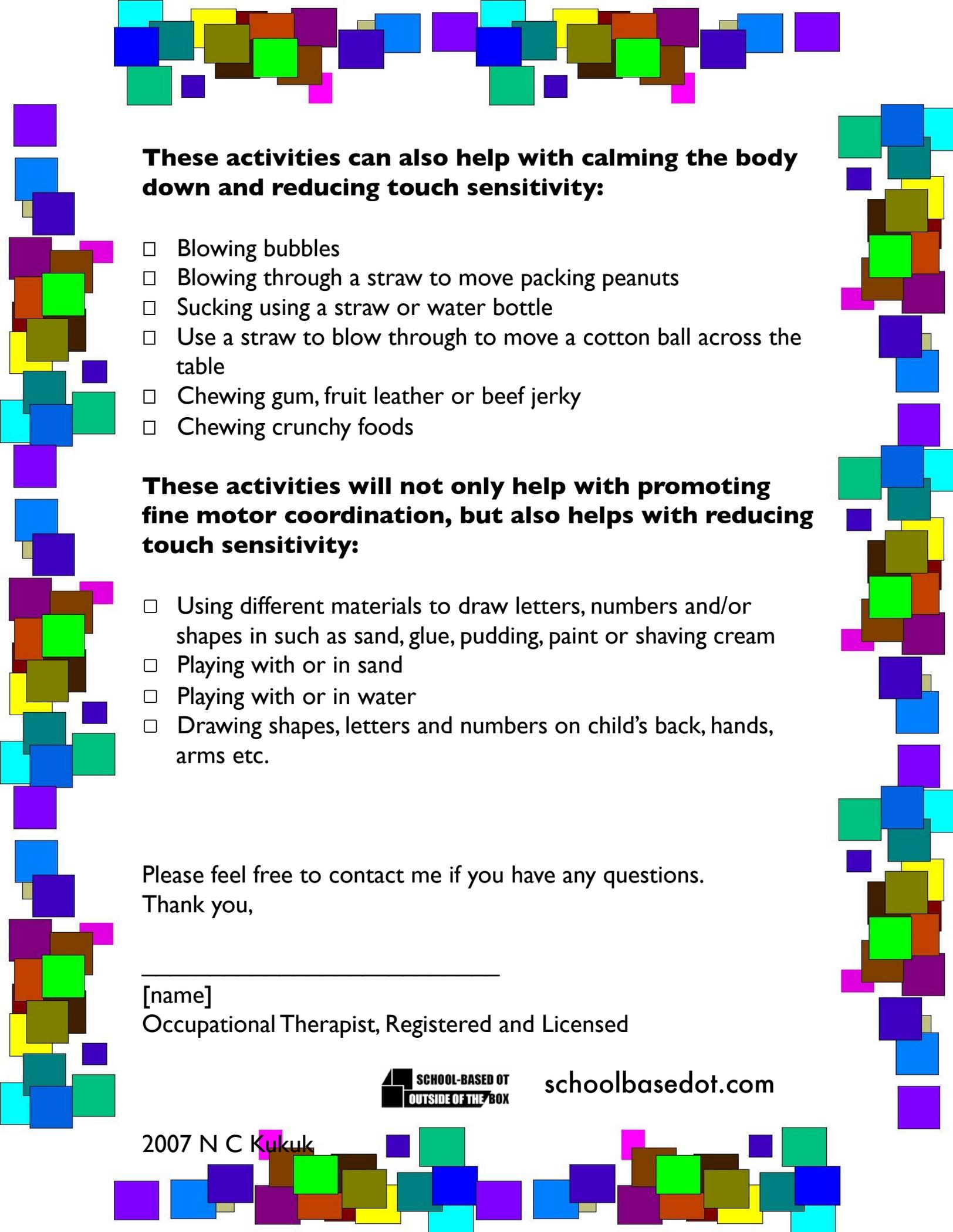


**All these activities help to strengthen postural muscles:**

- Swinging
- Spinning either at a playground, in a chair or on a sit and spin
- Sliding
- Riding a bike or scooter
- Jumping
- Jogging
- Rocking in a rocking chair
- Sitting or perching on a ball
- Tummy down and head up activities, (lying prone on floor supported by elbows, for reading, homework etc.)
- Somersaulting
- Rolling left and right

**These activities provide deep pressure in your muscles and joints and help with gross motor coordination and self-regulation:**

- Carrying heavy loads including books, blocks, pails of water
- Pushing and pulling a vacuum, rake, heavy boxes, a heavy wagon
- Hanging by arms
- Tug of war
- Playing catch



**These activities can also help with calming the body down and reducing touch sensitivity:**

- Blowing bubbles
- Blowing through a straw to move packing peanuts
- Sucking using a straw or water bottle
- Use a straw to blow through to move a cotton ball across the table
- Chewing gum, fruit leather or beef jerky
- Chewing crunchy foods

**These activities will not only help with promoting fine motor coordination, but also helps with reducing touch sensitivity:**

- Using different materials to draw letters, numbers and/or shapes in such as sand, glue, pudding, paint or shaving cream
- Playing with or in sand
- Playing with or in water
- Drawing shapes, letters and numbers on child's back, hands, arms etc.

Please feel free to contact me if you have any questions.  
Thank you,

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[name]

Occupational Therapist, Registered and Licensed



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