

# Occupational Therapy – Home Activities

## Warm-up activities (for sensory input)

Proprioceptive activities (provides heavy input to muscles and joints):

*Wall push-ups (Stand with feet slightly apart facing the wall and push against the wall )*

*clapping games*

*tossing a heavy ball*

*walk on all fours*

*hang from overhead bar*

*wheelbarrow walk on hands*

*carry a heavy backpack on a walk/hike*

*hop on one foot*

*crab walk*

*mule kick (kick legs back while supporting self on extended arms)*

*walrus walk (pull body across the floor using extended arms)*

*elephant walk (crawling on the floor lifting arms into the air and hitting the ground )*

*marching*

*tug of war*

**Vestibular input (rocking or swinging)**

*swing on stomach*

*swing on a trapeze, lifting legs up*

*swing upside down on a trapeze swing*

*hammock*

*jump from a swing to land on a target*

*swing in sync with a friend*

**Tactile input (touch)**

*bury body parts in sand, leaves, grass*

*dig in the sand with hands*

*cover body parts with wet sand*

*shaving cream/whipped cream*

*walk barefoot in the grass*

*roll in the grass (toward a target)*

*run through a sprinkler*

*rub with a towel*

*apply own suntan lotion*

## Coordination activities

*throw/catch a ball*

*throw/re-catch a ball against a wall, driveway or ceiling*

*mini croquet sets*

*frisbee*

*street hockey*  
*ride a bike*  
*roller skates*  
*baseball*  
*volleyball*  
*wiffle ball*  
*kickball*

### **Motor planning activities**

*Simple obstacle courses – over, under, next to, behind, in front or various objects in sequence*  
*climb various playground equipment*  
*see-saws*  
*pump a swing with legs*  
*walk backwards*  
*walk blindfolded*  
*jump rope*  
*knock over targets by kicking a ball*

### **Organization activities**

*help to wash the car*  
*household chores – laundry, set the table, take the trash out*  
*Cut up comic strips and put them back in order*  
*Write a sentence, cut it apart and put it back together in the correct sequence*  
*simple card games – Go Fish, Uno, Crazy Eights*  
*help put away groceries*  
*re-arrange furniture in bedroom*  
*cut out pictures from a magazine to make a collage*  
*keep score during a sports game*  
*categorize books alphabetically*

### **Visual Motor Activities**

*Mazes*  
*Writing on graph paper to practice even spacing*  
*Outlining shapes in bright marker or glue to facilitate coloring within lines*  
*dot to dot pictures*  
*pick up sticks*  
*jacks*  
*lite-brite*  
*stencils*  
*chalk play in the driveway*

### **Perceptual Motor Activities**

*K'nex construction toys (copying from a picture)*  
*Tinkertoys*  
*Simple models*