



# Occupational Therapy Strategies for Home

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## 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
- Carry laundry basket
- Carry bags of groceries
- Take a walk with a backpack filled with books

## 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
- Sit/bounce on therapy ball.



## 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
- Plant a small vegetable garden in beds or containers.
- Help with following simple baking recipes.

## Visual Motor Activities

- Mazes, crosswords
- 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
- Craft activities: Cutting, Gluing, Make a collage, shrinky dinks.
- Keep a journal and practice writing - choose a topic and write 3 to 5 sentences about it.



## Perceptual Motor Activities

- K'nex Construction Toys
- Tinker Toys
- Simple Models

## Websites

- [www.puzzlemaker.com](http://www.puzzlemaker.com)
- [www.typingtest.com](http://www.typingtest.com)
- [www.freetypinggame.net](http://www.freetypinggame.net)
- [www.primarygames.com](http://www.primarygames.com)
- [www.sense-lang.org/typing](http://www.sense-lang.org/typing)