|  |  |
| --- | --- |
| ACTIVITIES | • **Self Regulation**: deep breaths, open/close hands, squeeze toys, go outside• **OT/PT Field day**: pick 4 or 5 motor activities (incorporate fine/gross/sensory), divide students in to small groups, each therapist moves with the same group to the different activities, able to accommodate individual needs• **Styrofoam with toothpicks** – can match the toothpicks with the colors on the Styrofoam, could use words instead of colors, lie in prone and use toothpicks to trace letters• **Knotted fleece blankets** – need to measure, cut and tie the knot then take home, can make all different sizes• **Motorized Pouring Cup on a flex mount** – can connect with a switch and use for cooking, science experiments, games (i.e. dice)• **Rainbow writing** – write name on paper with a marker then drop water on the writing with an eye dripper• **Flag Pins** – use safety pins and place the beads on the pin to make a flag, can put the directions up on the smart board, can vary the size of the beads• **Summertime activity sheet** – Please contact Rose Daly for more information• Use needle point mesh as a surface to write on top of for tactile feedback• **Minute To Win It** – can get the activities from the website and You Tube, LEB/Morgan staff pick one Friday a month and 3 activities for a therapy session (i.e. create a puzzle from a cereal box, use spaghetti to lift and carry and empty can to the end of a table and then stack them, use spaghetti to string through other pasta)• **Rainbow Letters** – use Bounty paper towels and 3 different color markers to write a letter then use an eye dropper to put water on the letter• Create a **year book** by having each student create their own page with pictures and written work about themselves and OT• Utilize **foot cut** outs for foot placement to decrease toe walking, can use in the classroom and at home• Use **masking tape** as a distraction for students that are challenging, place the masking tape on clothing or a fidget for the student to unwrap• Use **hop scotch** as a motivator to move and to learn (i.e. letters, sounds, colors, etc)• **Scrabble** – can be used for letter recognition, word recognition, turn taking, sequencing, math, use in different positions (prone, on a ball), put pieces in a different bag or in theraputty• **Combination locks** – many different varieties that use letters, numbers, directions, stickers (found at Target, Staples)•**Wiki Sticks** – use to string beads, make rings, make bracelets, make necklaces, will stick on a slant board, make shapes, color sorting, use for cursive, kids may like the sticky feeling• A **ladder made from a soccer goal and rope** – can do agility on the floor, step over, step in, can hang up and use as a target• “**Shapes Up,” “Aftershock,” “Izzy” cards**• Write a **number line** on a piece of tape and hang it in the room, then write the numbers on individual pieces of tape and place them around the room, have the student find the numbers and match them to the number line• Utilize **weight rooms** for age appropriate activities for students• **Large Rockerboard** – can utilize this equipment with the student on or off the rockerboard, can be on the rockerboard in different positions, can utilize as a sensory tool• Equipment that you can use for multiple activities especially when itinerant; a **ball** can be for dribbling, throwing, catching, squatting, wall sits, core exercises, on the floor to roll over, balance for single limb stance, ROM on a wall or table, coordination (bouncing and catching off one knee) |
| APPS | • Letter School for iPad/iPhone• Fit Quest Life activities for iPad/iPhone• On the OT/PT Internal Resources there is a list of Apps |
| ARTICLES | •These “powerhouse” moves can be fun for children in sessions or at home. By Joanne Bundonis, PT, PCS, ATP @ http://physical-therapy.advanceweb.com/ |
| EQUIPMENT | • The Rabbit – a mobile stander used by a student that allows them to be at the same level as their peers, can maneuver in standing, can be a one arm drive, has a tray, more cost effective than an easy stand• Zooma Rocker – an alternative seating option |
| WEBSITES | • Dance Mat Typing• Printactivities.com• Printablepaper.net• Therapysource.com (ideas for progress monitoring, intervention data)• [www.eyecanlearn.com](http://www.eyecanlearn.com) (screens on ocular motor and give to parents)• [www.school-OT.com](http://www.school-OT.com) • [www.rehabedge.com](http://www.rehabedge.com) (continuing education courses by discipline)•pintrest.com (go to PT activity page)• fitdeck.com (Fit Deck Cards – activity cards)• On the OT/PT Internal Resources there is a list of free websites for kids • Marcelino’s Letters (website that gives students time to see the letter and then find it on the keyboard)• S’cool Moves for Learning |