

## Occupational Therapy Take Home Suggestions:

### **Movement Breaks:**

At school, students are outside and having lots of movement breaks throughout the day. We understand that this may not be the case at your home. In order to learn, we need to be moving our bodies and taking breaks often. This could be putting on a favorite song and having a dance, playing games like musical chairs or freeze-dance.

Whether you have a back yard or not, here are some movement resources that will help students to get ready to learn.

*GoNoodle:*

<https://www.gonoodle.com/>

*Cosmic Kids Yoga (yoga tracks):*

<https://www.youtube.com/user/CosmicKidsYoga>

### **Meditation and Relaxation:**

After a high-energy moment, dance or exciting movement tasks some students will become heightened and difficult to manage. For some, mediation and relaxation times may be necessary. Be sure to turn off the lights and eliminate as much peripheral noise as possible. Below are some mediation and relaxation tracks and apps that may be helpful for you and your family.

*Headspace for Kids:*

<https://my.headspace.com/>

*Cosmic Kids (relaxation tracks):*

<https://www.youtube.com/user/CosmicKidsYoga>

*Smiling Mind:*

<https://www.smilingmind.com.au/smiling-mind-app>

### **Using Two Sides of the Body Together (Bilateral Coordination):**

When you're helping your child at home, always watch what both hands are doing. Often times kids rely only on their dominant hand to complete a task. Always be sure to prompt for a 'helper hand', the non-dominant hand that supports the activity to occur for example:

- The hand that holds the paper while they write,
- The hand that holds a bottle while untwisting a cap,
- The Hand that steadies the bowl while they eat,
- The hand that holds the textas while they take the cap off.

*Games to Encourage Bilateral Coordination:*

- Card games (UNO, Go Fish or Memory Games)
- Animal Walks
- Colouring/ Tracing
- Tearing the recycling paper
- Playdoh (recipe & mats attached for these interested)

*Exercises to Encourage Bilateral Coordination: See OT Challenges Document for the 5 OT Challenges to do while we're away from school!*

### **Core Strength and Shoulder Stability:**

Maintaining stability and strength through their cores is essential to a student's ability to stay focused on the tasks at hand. By doing some favourite activities in the following positions you can encourage students to develop balance and tone through your student's core. Try doing puzzles, colouring and painting activities in these positions.



### **Hand Eye Coordination:**

The best activities for hand eye coordination and to develop an awareness of body in space is dressing. Play dress up with your child – let them do buttons, zips and be silly. This will also help with any dressing goals you may currently have and is a great way to start imagination games with your child.

Attached is a book of mazes, a fantastic hand-eye coordination activity, you can pair this with gross motor activities, once complete for each time the student has touched an edge, they can do a star jump or other exercise. For more mazes go to <https://krazydad.com/mazes/>