

# Occupational Therapy Bugs and Insects Activities

Choose 1-2 items from each category and complete 1-2x per week

## Warm Up:

- Indoor Bug Hunt- Hide bugs around the house and have student find bugs- Can use plastic bugs (dollar tree) or make different bugs out of paper. Can sort them by color or size.
- Spider Web Walk- use masking tape or painters' tape to put a spider web on the floor. Then have the student try to stay on the lines while walking around to save bugs that you have placed on the spider web.
- Bug Movements: Crawl like a Caterpillar, Buzz like a Bee, Flutter like a Butterfly, Jump like a grasshopper.

## Sensory:

- Paint with bugs: Use plastic bugs dipped in paint to make bugs all over the paper.
- Use fake grass or beans to make a sensory bin to hide and then find bugs.

## Fine Motor:

- Use tongs to pick up plastic bugs and sort by color into color bottle caps or a muffin tin with colored paper.



- Play doh bug impressions: Use play doh to make flat pancakes and then use plastic bugs or cookie cutter to press into play doh to make bug impressions.
- Bug Swat- Use a fly swatter to hit bug targets on a piece of paper or on side walk with chalk.

## Visual Motor:

- Build a bug: Use craft supplies to build a bug and then have your student copy your example. Cut out circles for the body, use pipe cleaners or strips of paper for legs/antennas, use google eyes and tissue paper for wings. Get creative with your bugs!

- Bead caterpillar: Use a pipe cleaner and beads to work on copying patterns.



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- Build your name Caterpillar: Have your student cut out pre-drawn circles for the letters of their name (may need a little help if their name is long or if they get frustrated) then have them have them write or trace the individual letters of their name. Finally have them sequence their name to form the caterpillar's body. You make also have all parts ready and have student just work on forming the
- letters of the name and sequencing their name. They can then add legs, face and antennas.



### Handwriting:

Practice tracing the letters of your first name. (Make sure that student is forming letters correctly please)

Practice writing your first name from a visual model.

Practice copying simple straight-line letters: T, L, I, H, E, and F

### Life Skills:

- Work on getting pajamas on after bath time.
- Work on getting students back pack on all by themselves.
- Complete a simple cooking task with parent or make a fun snack. - Dirt worm pudding or ants on a log may be good ideas to go along with the bug theme.

### Oculomotor:

- Go to [www.eyecanlearn.com](http://www.eyecanlearn.com) and do the “tracking link” (PK-3)- Bug Walk
- Bug tracking: Use a popsicle and glue a bug on the end. Have the student use his eyes to follow the bug around. Move it in all planes: horizontal, vertical and circular planes.

### Cool Down:

- Deep Breaths: Slowly take a deep breath in through the nose and out through the mouth. Repeat three times
- Hug: Wrap arms around shoulders and give self a big hug and a pat on the back.

I miss you all!! Have fun with these lessons and stay healthy! Now go wash your hands :)

Ms. Katie