**VIRTUAL OT LESSON PLAN- WEEK 1**

Choose 1-2 items from each category and complete 1-2x per week. Areas are subdivided generally into grade levels--but feel free to upgrade or downgrade based on what your child currently needs to work on the most.

Warm Up:

March across the room and then hop back (pk- grade 5)

Burrito Log roll across the room and then back (pk-grade 5)

Jump on 1 foot 10 times then on the other foot 10 times (PK- grade 5)

Do this series 3 times – Hop on one leg 3 times, turn around 1 time, then clap 3 times (PK-5)

Do 10 jumping jacks (K-5)

Do 10 wall pushups (PK-5)

Bearwalk across room and then crab walk back (PK-5)

Sensory:

Sit quietly with your eyes shut while listening to the noises around you. Name 5 different things that you heard. Name 1 thing that you smelled (PK- grade 5)

Roll playdoh into “snakes” and “balls” (PK-2)

Put rice into a container, hide small toys, dig and try to identify by touch without looking (PK-5)

Create with finger paint ( make your own with flour, water and food coloring) (PK-2)

Play and Dig in the dirt/mud (PK-2)

Fine Motor:

Sort and stack coins into tall towers (PK- grade 5- time yourself and try to beat your record)

Make a paperclip chain (grade 1-5)

Make a fruit loop necklace (see video link) -(PK- grade 2)

Use kitchen tongs to transfer cotton balls/erasers/small toys from counter to container (PK-5)

Put coins into a bank (PK-2)

Use a squeeze bottle or squirt gun to squirt chalk shapes or letters on sidewalk (PK-grade 2)

Build with blocks/Legos: make tall towers and imitate simple block designs ( train, wall, stairs and pyramid) (PK-K)

Peel stickers and place on a target on paper (PK-K)

Go to [www.brainbashers.com](http://www.brainbashers.com), choose “fun stuff” -> choose “alphabetical” -> choose “1 to 100” (K-5)

Visual Motor:

Look at a sentence, such as the sentence “I am ready for school to start again” and make/write as many words as you can from the letters in a set time period (1-5)

Draw or have someone draw a squiggle mark. Make a recognizable picture by adding to the squiggle (1-5)

Do a puzzle or cut a magazine page into large pieces (4-6 for younger kids and 10-12 for older) and put it together like a puzzle (pk-5)

Cut outlines of pictures from a magazine page and glue on a paper to make a themed collage (K-5)

Practice making pre-writing strokes and simple shapes using broken crayons or chalk: Vertical strokes, horitantal strokes, circle, cross , square, diagonal strokes , X shapes and triangle. (PK-1)

Practice drawing a face and a simple person (PK-1)

Handwriting:

Practice tracing the letters of your first name. (PK)

Practice writing your first name from a visual model(PK-K)

Go to [www.brainbashers.com](http://www.brainbashers.com) and choose “fun stuff” then “alphabet” then “a-z typing challenge” (K-5)

3rd grade and over - Practice keyboarding on [www.typing.com](http://www.typing.com)

Write all letters in shaving cream in the tub/shower or on a cookie sheet or on the sidewalk in chalk (K-1)

Write known past or current spelling words in shaving cream in the tub/shower or on a cookie sheet or on the sidewalk with chalk (grade 2-3)

Write 3 sentences making letters as small as you can while still legible (grade 4-5)

Go to [www.abcya.com](http://www.abcya.com) and choose your grade and then “letters” and then “letter bubble alphabetical order” or “ABC dot to dot” or “trace to the beat” or “ABC slider puzzle” or Dungeon dash” \*\*pending grade

Life Skills:

Sort clothes to be washed (PK-5)

Put clothes on hangers (K-5)

Fold T-shirts (grade 2-5)

Match and roll socks together (PK-5)

Play dress up (PK-K)

Put on a parent’s button -up shirt and time yourself buttoning and unbuttoning (K-2)

Master shoe tying if you haven’t yet (K-1)

Bake a simple box mix with your family (PK-5)

Oculomotor:

Go to [www.eyecanlearn.com](http://www.eyecanlearn.com) and do the “tracking link” (PK-3)

go to [www.toytheater.com](http://www.toytheater.com) then choose “puzzle” , then “maze” or “visual memory” or “find” or “different” (K-5)

Bow bubbles and have student track bubble and pop with his/her finger (PK-1)

Cool Down:

In a quiet area - Doodle, read, listen to music (all ages)

Practice breathing in for count of 3, breathing out for count of 3, and hold for count of 3. Do whole sequence 10x. (all ages)

Do yoga tree pose and plank pose for 10 seconds (all ages)

\*\*\* for a list of other activity ideas, videos, and websites go to <http://otevsc.weebly.com/> on your school”s website.\*\*\*\*

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