

VIRTUAL OT LESSON PLAN- WEEK 2

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: For fine motor activities and virtual learning. All ages and grade levels

Try making a [Minds in Motion](#) maze with materials you have at home! This can be done indoors or outdoors.

You will need to gather:

Something to balance on (wood board, tape on floor)

Something to look at (pencil or marker, small picture, small toy)

Small stuffed animal

Maze Activities to try at home: See videos below

Puppy crawl-crawl on hands and knees for 30-45 seconds

Stomp feet-Make some noise! The louder the better! 30-45 seconds

Strong arm push- Push! hands in front of shoulders pressing into wall, or other supportive surface. 30-45 seconds

Electric slide- Next to a wall or side of house, toes face the wall, step touch to the left and to the right, keeping toes forward, and eyes forward! 30-45 seconds

Bean Bag Boogie- toss and catch stuffed animal to self or with family member. 30-45 seconds

See video on <http://otevsc.weebly.com/e-learning-week-2.html> for display of skills for the home.

Sensory:

Build a sensory/calming space at home. *see file*<http://otevsc.weebly.com/e-learning-week-2.html>

When the weather cooperates, get outside: breathe some fresh air, walk around the yard barefoot, smell all the new plants and trees budding.

Plant flowers and decorate bricks or rocks.

Take a warm bubble bath.

Find foods that may help with attention (sour, crunchy, minty, etc).

Stay hydrated, drink 3-5 glasses of water a day (drinking water helps with cognition and attention) *see file* <http://otevsc.weebly.com/e-learning-week-2.html>

Executive Functioning:

Use a [visual timer](#)

Use a [visual schedule](#) that is flexible for changes if needed.

Executive FUNction

Ages 3-5

Planning, inhibition, memory, attention-Encourage your child to tell you a story, write it down, have them draw pictures and make a "book", and then have them act it out.

Inhibition and working memory- play "freeze dance", play music and child dances and must "freeze" when music stops

Ages 5-7

Working memory, inhibition, attention, self-control, cognitive flexibility

- Play a card game such as "old maid", "go fish" "slap jack", "crazy 8's"

-Play a board game- Memory, Candy Land, Sorry!

-Play a movement game-Freeze dance, mother may I, red rover, duck duck goose, Simon Says

Try a quiet activity for self-regulation and strategy

-Try a simple word find or cross word puzzle

-Complete a simple jigsaw puzzle

Ages 7-12

Working memory, mental flexibility

-Learn a new board game, chess, mancala, monopoly

Memory, cognitive flexibility, inhibition

-Try a new jump rope game (<https://www.playworks.org/resource/jump-in/>)

-Try a Sudoku or crossword puzzle (<https://www.kidsmathgamesonline.com/sudoku.html>)

-Pick a challenging jigsaw puzzle (<https://www.jigsawexplorer.com/>)

-Try a [new card game](#)

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Memory and Attention-play a board game or card game (Sorry, yahtzee etc.)

Planning-Develop a goal- plan how you can achieve that goal, identify short and long term goals and think about what you need to do to reach your goal.

Self-regulation and focus-Try a yoga video- for mindfulness and self-regulation

Plan-Develop a calendar (paper pencil or something like google task calendar) and include project deadlines and steps along the way

Self-monitor while working. Set a timer to go off periodically as a reminder to check on whether one is paying attention and understanding.

Fine Motor:

Lace pasta noodles on straw or shoe lace (PK-K)

Scoop rice or beans into ice cube tray using a tablespoon (PK-K)

Water play in bathtub: practice pouring from measuring cup, soup ladle, and turkey baster (PK-K)

Place noodles in playdoh and stack cheerios or fruit loops on noodle (PK-3rd)

Practice unfastening and fastening buttons, zipper, snaps, and buckle (PK-3rd)

Put clothespins on cardboard box or bucket (PK-5th)

Use tweezers or tongs to pick up small objects and place into a container (PK-5th)

Use hole punch to make letters, numbers, words (1st-5th)

Place golf tees in playdough or peg board and place marbles on top of tees (3rd-5th)

Visual-Motor and Visual Perception:

Follow the flashlight- darken a room and have the child visually track the beam of light on the ceiling or wall. "Draw" shapes, letters and numbers with the light for them to identify. (K-5)

Find a lightweight scarf and toss it back and forth. The fabric will move slowly so it is easier to track. (pre-K-2)

Blow up a balloon and volley the balloon back and forth with your hands or with a paper plate. (K-2)

Choose a letter and scan the back of a cereal box or "junk mail" and circle that letter. Choose another letter and draw a box around that letter. (K-3)

Roll a marble or bounce a rubber ball across the tabletop and try to catch the ball with a cup. (pre-k and up)

Start with 2-3 random items on a tray/surface. Show them to the child and then ask them to close their eyes while you remove one item. Ask the child to try to recall what is missing. Add more items to challenge. (pre-K-5)

Write the alphabet or your child's name, one letter per sticky note, and place them around the room. Ask the child to look around the room and remove the notes in sequential order. (pre-K-3)

Make your own “eye spy” bottle: fill a water bottle with rice or beans and other small objects. Cap the bottle and have the child rotate the bottle and visually locate the objects you included in the bottle. (Pre-K-3)

Visual perception app: balloon pop available on android and apple (pre-k-2)

make your own [crossword puzzles](#), word searches, etc. This is great to customize with your kid’s spelling words, sight words, etc. (1st grade and up)

Handwriting:

Build letters with LEGOs (K-2nd)

Build letters with small LEGOs (3rd-5th) *see file*<http://otevsc.weebly.com/e-learning-week-2.html>

Make shapes, letters, and numbers out of wikki stix or cooked noodles (PK-2nd)

Make spelling words out of wikki stix or cooked noodles (3rd-5th)

Practice writing letters, name, numbers by finger painting (PK-K) or using paintbrush (1st-5th)

Say it, Make it, Write it activity with letters, numbers, and name (PK-2nd) Same activity with spelling words (3rd and over) *see file below*

Practice keyboarding on www.typing.com (3rd and over)

Life Skills:

Make your bed and if it is the first time, ask for help, and keep trying each day until you can do it on your own!

Clean your room:

- Pick up your toys
- Put your dirty clothes in the hamper
- Dust the surfaces you can reach

Help with laundry by Putting the clothes from the washer into the dryer

Help fold washcloths, hand towels, and towels

If you have a yard, Pick up sticks: maybe even grab a family member to see who can collect the most.

Wash the windows

Work on [shoe tying](#) again this week.

Or check out these [visuals for shoe tying help](#)

Pour water from a pitcher or cup into another cup

Cool Down:

"I calm my mind" cards- Print and cut, place in a cup or basket and take turns pulling out relaxation strategies. see file <http://otevsc.weebly.com/e-learning-week-2.html>

Try [guided meditation](#) to relax and calm your body

Quiet time-listen to [calming music](#)

***** 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 :)