

## VIRTUAL OT LESSON PLAN- WEEK 4

**Instructions:** Choose 1-2 items from each category and complete 1-2x per week. Areas

subdivided generally into grade levels--but feel free to upgrade or downgrade based on what your child currently needs to work on the most.

### **What you need for this entire lesson:**

Empty water bottle	Small items such as pieces of cereal, marshmallows, goldfish crackers, coins, etc.
Small items that will fit into water bottle such as small sticks, rocks, beads, pom poms, paperclips, and/or glitter	Broom
Aluminum foil or construction paper	Balloons or a ball
Scissors	Music device
Spoon	Flour
Cookie Sheet	Legos
Easter eggs	Books
Paper	Pen
Paint or colored dye	Stickers
Stress ball/fidget/play dough	Bat or object that can be used like a bat
Sealable zip lock bags	Shaving cream
Johnsons baby oil	Rice
Fruit Loops	Cards
Board Games	Cookies- Rolling pin, cookie cutter, icing
Q-tip	Kleenexes
Coins	

### **Warm up:**

## <https://www.youtube.com/watch?v=AU6taKE8Wy0>

- Do 10 hops forward (PK-5th)
- Stretch arms, legs, and back for 5 minutes (1st-5th)
- Play Go noodles videos on youtube (PK-2nd)
  - <https://www.youtube.com/watch?v=dNL6RwymoNg>
  - <https://www.youtube.com/watch?v=Pwn4beja1QE>
  - <https://www.youtube.com/watch?v=1b6axyuaKcY>
- Baked beans-Make body as small as possible
- Jumping beans-Jump up and down 10x (PK-5th)
- String beans-Stand tall with arms above head x 10 reps (PK-5th)
- Jellybeans-Wobble and shake like jelly for 3 minutes (PK-5th)
- Mighty beans-Do 10 wall push ups (K-5th)
- Full of beans-Lay in a heap on the ground laughing for 2 minutes (PK-5th)
- Skip-practice step/hop, step/hop for 30-45 seconds (K-5th)

## **Sensory:**

- Place small items into play doh (legos, balls, pegs) and have the child pick out the items (1st-5th)
- Place paint or shaving cream with colored dye inside a sealed bag and have child finger paint/mix paint together inside bag (K-5th)



- Fill an empty water bottle with small sticks, rocks, beads, rice, pom poms, paperclips, and/or glitter (1st-5th)
- Create moon sand and play with it using 2 cups of all purpose flour and ¼ cup of johnson's baby oil (Pk-5th)
- Place froot loops or some kind of cereal with different colored pieces in a bin and have child separate them (1st-5th)
- Use your imagination to make objects out of play-doh (Pk-5th)
- Do several snow angels on the carpet, hardwood floor, tile floor, and the grass (if weather permits) (PK-5th)

## **Executive Functioning:**

- Play a card game with a family member (1st-5th)
- Play a board game with a family member (1st-5th)
- Color a picture for 10 minutes without distractions (PK-5th)
- Play pictionary with family member: Take turns drawing out objects (2 minutes timer) and have the other member try and guess what was drawn (2nd-5th)

- Gather 10 pairs of matched socks and unmatch them and set them across the floor. Then match the socks together based on color/size/texture. (1st-5th)
- Play simon says with a family member (PK-5th)

### **Fine Motor:**

- Draw various shapes onto a sheet of aluminum foil. Cut them out following the lines. \*Aluminum foil may be more difficult to cut than paper so assistance may be needed.\* Tightly pinch the cut out pieces into tiny moon rocks. This activity may also be done with paper if aluminum foil is unavailable (PK-5th)
- Push pom poms inside different empty bottles (k-5th)
- Write name on piece of paper and have child place stickers along letters of name (1st-5th)
- Create lines/circles on a piece of paper and have child place buttons along the object (1st-5th)- **see attached video-** <https://youtu.be/aWdLKQzwtUk>
- Water plants with spray bottle (PK-5th)
- Bake cookies with adults: practice rolling dough, use cookie cutter, and decorate with icing (K-3rd)
- Place coins on the table and have family member instruct you on what to pick up using 2 fingers (ex:pick up a quarter) (2nd-5th)

### **Visual Motor:**

- Spoon Stacker: Hold a spoon in your mouth by the handle and stack as many pieces of cereal, marshmallows, goldfish crackers, coins, etc. as you can into the spoon. Try beating your previous score! (2nd-5th)
- Put together a 20 piece puzzle or less (Pk-1st)
- Put together a 20+ piece puzzle (2nd-5th)
- Start with drawing a simple object on a piece of paper (ex: square, triangle, rectangle) and have the child try to mimic it and grade up the activity depending on how the child performs. (k-5th)
- Play pitch and catch with a ball (PK-5th)
- Try to juggle kleenexes (K-5th)

### **Oculomotor:**

- Balloon Batting: Tap a balloon back and forth. For advancement, hold a small bat, or even a remote, and hit a balloon like baseball. To further increase difficulty, begin using smaller balloons or big balls (k-5th)
- Have the child close their eyes and place legos all across the table. Instruct the child to open his/hers eyes and pick up the legos one at a time to place in a bucket. (k-5th)
- Easter egg hunt in the yard or the house ( PK-5th)
- Eye to eye- keep your head still! Move only your eyes to look at the object moving (like the doctor does to check your eyes with a light) (PK-5th)

## Handwriting:

<https://www.youtube.com/watch?v=6cvrLHKzj2s>

- Rice letters: Fill a plastic zip lock bag a quarter of the way full of rice. Use your finger or Q-tip to write the alphabet into rice. (1st-5th)
- Draw dotted lines on piece of paper and have child trace them (PK-3rd)



- Use chalk on the sidewalk and write as many words as you can think of in 5 minutes (3rd-5th)
- Use a marker/crayon/colored pencil to practice writing your name on a piece of paper for 5 minutes (PK-5th)
- Dip a q-tip in paint and use it to paint letters and numbers on a piece of paper (PK-5th)

## Life Skills:

- Sweeping: Create a target with tape or state an area of the floor that is the target. Place cheerios on the floor away from the target. Sweep cheerios into target with broom (1st-5th)
- Follow a recipe and make a snack or meal together **with family** (PK-5th). Some recipes you can try:

\*Peanut Butter Fruit Wrap <https://accessiblechef.com/recipes/fruit-wrap>

\*Omelette In a mug <https://accessiblechef.com/recipes/omelette-mug/>

\*Peanut Butter cookies <https://accessiblechef.com/recipes/peanut-butter-cookies/>

- Once you choose a recipe (you can pick one from home or another website), Check your pantry to make sure you have all the needed ingredients. Make a grocery list of items you still need to make the desired food item.
- Sort the pantry according to parents instructions (ex: canned foods on 1st shelf, chips on 2nd shelf, cereal on third shelf) (1st-5th)
- Sort/organize 2 drawers in your bedroom (2nd-5th)
- Go outside and feel what the weather feels like, and come back inside and pick two outfits to match the weather (PK-5th)

## Cool Down:

<https://www.youtube.com/watch?v=0O2crF6RERU>

- Music & Fidget: Listen to calming music and play with a stress ball, fidget, or play dough. (PK-5th)
- Sit on the floor and stretch while mimicking family member (K-5th)
- Have family member read a book to you or read a book to family member (PK-5th)
- In a quiet area get pencil/markers/colors/ and paper and start drawing (PK-5th)
- Lay down on the ground and close your eyes and imagine one of your favorite places to go and explain this place to a family member and have them guess what it is (1st-2nd)

\*\*Check out other websites, videos, and activities on the tabs at the top of the page\*\*

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

