



Occupational Therapy Ideas for the Week of April 20th thru April 24th.

Warm up: Motor planning

- ❖ Burrow Crawling- Make a tunnel using the couch cushions or under the table with a sheet and have child crawl thru tunnel .
- ❖ Have the student hop across the living room to fetch carrots or eggs

and bring back. Can work on other skills with this task by asking for a specific color, specific number, shape or letters.

Hand strengthening and Manipulation tasks

- ❖ **Feed the Rabbit:** Use a small brown bag and make a rabbit puppet and carrots- then have kids pick up individual carrots to feed rabbit.



- ❖ Use play pipe cleaner to make small carrots: Have the student cut the orange pieces then help them twist the green around for top



- ❖ Use an old shoe box or Kleenex box and put small holes into it with the tip of a scissors and have student plant carrots that you made.

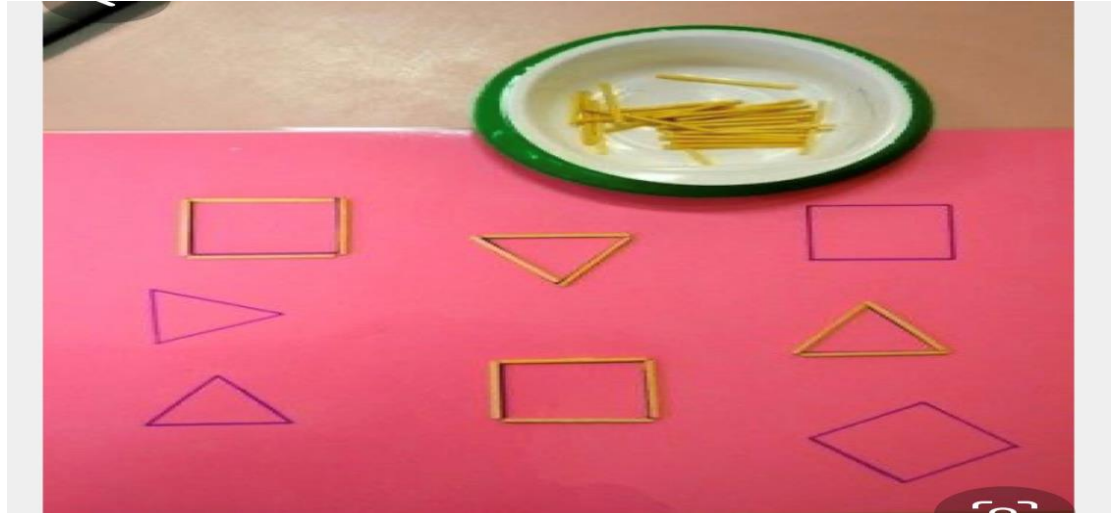
- ❖ Use a spoon or small toy shovel to dig in the dirt like the Rabbit in the story.

Visual Motor Tasks/ Scissors practice

- ❖ Use Legos or blocks to build a rabbit burrow.
- ❖ R is for Rabbit Craft:



- ❖ Shape Practice: Use Spaghetti noodles to form simple shapes



- ❖ Use play doh to form the capital letter R: one big line, one little curve and then one little line-emphasize CORRECT letter formation
- ❖ Practice tracing/writing the capital R- Again CORRECT formation. Big line down, jump back up little curve and then little line kicks out.

Sensory ideas

- ❖ Bunny Tracks: Put some flour on a cookie sheet and have your child use his finger tips to make bunny tracks. (can also use play doh, sand, mud)
- ❖ Pin the tail on the bunny- Have a picture of a bunny and provide the student with a different fabrics or textures to use to put the tail on the rabbit. Discuss the different textures. Are they hard, soft, smooth, bumpy, rough or silky?

Snack ideas:

- ❖ Marshmallow Bunnies: Items you need: Big and little marshmallows, chocolate chips, sprinkles and icing.



These are just a few ideas that will facilitate your child's skills. I hope everyone is doing well and I am available if you have specific

questions or concerns.

Stay healthy and safe!

Ms. Katie