

## **OCCUPATIONAL THERAPY SUMMER ACTIVITIES**

The following are examples of Occupational Therapy activities, which you can do with your child with your child this summer. It is important for your child to practice skills attained in the school year and develop new skills in the proper sequence. I hope this will be used as a guide through the summer to help plan purposeful activities for your child. The activities should be challenging for your child, but not so difficult that they become frustrated. Above all, you and your child should have FUN.

### **MOVEMENT ACTIVITIES**

Ride a hoppity-hop, bicycle.

At the playground, swing on the swings. It doesn't have to always be traditional sitting position as lots of great sensory information is gained when the position of the head is changed, such as lying on the sling swing on your stomach.

Climb on the monkey bars and slide down the slide.

Swimming.

On large therapy type ball roll on stomach, weight bear on hands, bounce on the ball with a spotter.

Jumping on a trampoline (with close supervision and spotters).

Play hopscotch

Jump rope

Roll down a hill

### **BALL SKILLS**

Bounce and catch a ball- start close and gradually move further apart.

Bounce and catch a ball by themselves

Bounce- clap- catch a ball

Dribble a ball

While walking, bounce and catch a ball.

### **EXERCISES**

Sit- ups

Push- ups

Jumping jacks

Superman, Meatball, Scooby-Doo. (Your child know these)

Cross-Overs (Your child knows these)

### **HAND STRENGTH**

Playdough play.

Use clothespins to help hang clothes. Also use pins as a tool to pick up various objects such as poker chips, pennies, pegs and other small objects.

Use paper hole punches (Kids love this play)

Use water pistols and also the larger super soakers for upper extremity strengthening. You can also use pump spray bottles or squeeze bottles.

Use a flour sifter with the squeeze type handle to sift flour or separate two separate textures such as sand and pebbles.

Pop the bubble wrap bubbles.

Make chalk drawings on the sidewalk then later squirt with their water bottles.

### FINGER DEXTERITY

Move objects from palm of hand to the fingertips using small objects. Place small objects in one hand and ask the child to move the objects up to the fingertips and then drop into a container. Use pennies, marbles, pegs, and noodles.

String small objects such as beads, macaroni, and beads on closed safety pins. You can also increase skill by using patterning.

Tear paper into tickets, contoured shapes and small bits for gluing into designs on a piece of paper.

Cutting with scissors. Make sure the pointer finger is outside the holes to help steer.

Playing cards- fanning, handling, dealing, shuffling a deck of cards.

Screwing and unscrewing tops of jars and bottles, nuts and bolts.

Use a manual eggbeater in cooking activities to whip up soapsuds and bubble bath.

At the chalkboard or large easel: Draw large circles with both hands going in the same direction first to the LEFT and then the RIGHT.

Make large figure- eights in the vertical and horizontal position with the right hand and then the left.

### EYE-HAND COORDINATION

Puzzles and parquetry designs.

Frisbee

Mazes and obstacle courses.

Volleyball, tennis, badminton, baseball

Tap balloon with racket.

Target games

### VISUAL PERCEPTUAL SKILLS

Play hide and go seek games and then use hidden objects to hide and find.

Concentration card game.

Copying block designs.

Where's Waldo or other hidden picture games such as I spy.

Card games including matching skills.

### MOTOR PLANNING RIGHT/LEFT DISCRIMINATION

Play Simon Says

Play twister

Hokey Pokey

Have child identify directions when riding in car, walking, maneuvering around in the house or at the mall.

Write letters with eyes closed. Trace letters, shapes on child's back and have them identify them.

**REMEMBER, SUMMER IS FOR FUN AND RELAXATION  
BUT ALSO CAN BE VERY ENRICHING IF YOU INVOLVE YOURSELF  
WITH YOUR CHILD DURING THESE IMPORTANT GROWING YEARS.  
DON'T FORGET TO SAVE TIME FOR THOSE FAVORITE GAMES AND  
BOOKS AND OUTDOOR FUN.**

**ENJOY AND HAVE A SAFE AND HAPPY SUMMER**

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