

HAVERHILL PUBLIC SCHOOLS

OT/PT DEPARTMENT

ACTIVITIES TO HELP YOUR CHILD GROW AND LEARN

For the DS, inclusion and LCC PM classes

Moody School parents were provided with bi-weekly OT and PT exercise/activity programs throughout the year. You may refer to them for activities to do with your child. Below are some additional suggestions.

GROSS MOTOR

Obstacle Course/Follow The Leader - When playing at home inside or outside, or at the park, have your child follow you through an obstacle course. Some actions might be climbing over the couch cushions or foot rests, running around a blanket, crawling under tables or chairs, hopping across the grass/room, walking backwards, sliding down a slide, etc. When done, let them take a turn leading you in an obstacle course!

Animal Walks- Crab walking, bear walking, frog jumping, elephant walk, seal walking, duck walk, horse gallop, horse prance

Freeze! - Put some music on, and move around with your child. When you turn the music off, show your child how to “freeze”, or stop moving. Encourage your child to freeze in many different positions: one foot, bent over, on tip-toe, tandem stance, downward dog position...etc... Model for them different postures.

Target Toss - Use the lid from a coffee container, bean bag, small stuffed animal or a ball and have your child toss it into a box that is a little further away. Move the box to different locations to challenge your child. You can also make it more challenging by having your child stand on a couch cushion or pillow while tossing the items.

Jumping Games - Jump landing with two feet at the same time, jump forward, jump over varied heights. Jump two or three times in a row, like a kangaroo! Jump forward, backward, side to side, over obstacles and off of platforms. As your child gets older you can eventually challenge your child by working on doing the “Charleston” or by performing jumping jacks.

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FINE MOTOR

Magazine Cutting And Pasting- Give your child an old magazine and a pair of small scissors. Let him/her cut pictures out of the magazine (they don't have to cut them out perfectly), and using a glue stick, glue them on a piece of paper. You can ask your child to choose a certain kind of picture. Tell him/her: "Find food that you like, and cut it out", or "Cut out some coupons for Mommy."

More Puzzle Pictures - Take a colorful page from a magazine, cut it in five or six pieces, and encourage your child to put the pieces together. For sturdier puzzles, glue the pictures onto cardboard before you cut them. Save the puzzles in an envelope to use again and again.

Button Hide And Seek - Provide clothes for your child that have one or two buttons and let them help you fasten a button on something of yours. As he/she is trying to fasten the button, pretend it is a hide and seek game, with the button hidden at first, then "peeking out" from the hole, and then all the way through!

Tweezer Games- Give your child a pair of tweezers and two cups. Put some large pieces of macaroni, beads, or small marshmallows into one of the cups and have your child pick them up with the tweezers and put them in the other cup. Now try it with the other hand!

Wind-up toys- If you have some wind-up toys, show your child how to wind them up and then have races with them.

Stringing Beads- Have your child string macaroni, beads, or round cereal (Fruit Loops, Cheerios) on a pipe cleaner, lace, or yarn.

Painting: Using an eye dropper or turkey baster, "paint" with colored water. Squeeze the bulb of the eye dropper or turkey using finger tips. Try "painting" on paper, coffee filters, or tissues or paper towels for different effects.