

Table 1 Occupational Therapy Activities Board 1

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Tactile Stimulation	Auditory Stimulation
<p>Gather a variety of textured items and provide tactile sensory experiences: use a soft make-up brush to sweep along the palm of the hands and forearms; use a toy car to roll up and down the arms; allow your student to explore shaving cream on the table or dry noodles in a bowl. Help to move your student's hand through sensory media.</p>	<ul style="list-style-type: none">• Use a wooden/plastic spoon and help your student make their own music while banging on a variety of items: pots, plastic containers, boxes, etc. Hold the student's hand on the spoon if necessary.• Fill up an empty water bottles with a variety of objects (ex. beads, dry pasta, rice, beans, rocks, shells, buttons, ect.) Make sure the lid is on tight! Then shake the bottle to music. Your child may need assistance.

*All of these activities might not apply to your child, choose the ones that you like. If you feel that none of the activities are appropriate for your child, please contact your Occupational Therapist.