

Table 1 Occupational Therapy Activities BOARD 4

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Tactile Stimulation	Nature Creations
Use contrasting sensations: hot/cold, soft/rough, using lotion to rub on hands, arms, feet and legs.	<ul style="list-style-type: none">• Collect leaves, twigs etc. Use to make a design on paper with glue.• Nature rubbing; place paper on an object and rub with a crayon so the texture becomes visible• Make a sensory box with rocks, leaves, moss, twigs etc.

*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.