

Table 1 Occupational Therapy Activities Board 5

## Occupational Therapy Activities BOARD 5

Positioning	Fine Motor Activities
<p>Encourage completing activities in prone position, have fun with this by following popular yoga moves commonly found online that encourage student to stretch, breathe and hold a position. Stimulate auditory senses by playing a relaxing tune including nature sounds, piano, guitar, whatever the preference to make it more fun!</p>	<ul style="list-style-type: none"><li>• Stack and build with paper cups</li><li>• Squeeze water out of a sponge. Use both hands to twist the sponge.</li><li>• Use a water toy to squirt water of a spray bottle to paint a picture on the sidewalk.</li><li>• Tear paper (use it to make an “mosaic” picture)</li><li>• Peel small stickers and have child fill up a shape, place over drawn dots or on a line. Use a marker to connect the dots to form pictures/shapes.</li><li>• Use household tools such as tongs, spatulas and different size spoons to scoop beans, noodles into a container</li></ul>

\*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.