

Figure 1 Occupational Therapy Early Learning Week 1

Early Learning Week 1

Fine Motor	Visual Motor	Sensory motor	Activity of Daily Living/Chores
<p>Playdough*</p> <ul style="list-style-type: none"> • Roll into snakes and form shapes/letters • Hide small objects to find (beads/buttons/pennies) • Flatten it out and draw on it with finger or pencil • Flatten it out and stick a straw or noodle on it, then lace circle cereal or beads • Use cookie cutters to make fun shapes • Cut the dough with children's scissors 	<p>Stickers</p> <ul style="list-style-type: none"> • Place them on a line- you can even follow the developmental sequence l, -, o, + • Trace around the sticker • Place them on the letters in your name 	<p>Belly Time</p> <ul style="list-style-type: none"> • Lay on your belly and propped up on your elbows while watching a movie, doing a puzzle, reading a book, playing with cars or other small toys 	<p>Dressing skills</p> <ul style="list-style-type: none"> • Start working on pants first (elastic waist) • Next, work on pullover tops • Snaps/buttons • If this is too hard, start with taking clothes off

*Small Batch Playdough Recipe

- 1 cup flour
- 1/3 cup salt
- 1/2 cup water
- 2 teaspoons canola oil

Mix the dry ingredients first, then slowly pour in the wet ingredients. Knead until smooth and store in a covered container. If desired, add a few drops of food coloring to the wet ingredients before adding to the dry ingredients.