

Table 1 Occupational Therapy Choice Board 1

## Occupational Therapy CHOICE BOARD 1

Subject	Fine Motor	Visual Motor	Sensory Motor	Technology
<b>Reading</b>	- Pick 3 to 5 words from your reading selection and write the words on your paper. Try to pick words that you are still learning. Write over each over word, use different ways to write them (write them with dots, stickers, in rainbow colors or glue Cheerios on the letters).	- Use a reading guide to help maintain visual attention to reading target. This can be with a reading window.	- Label beach ball or other ball using permanent marker with questions about story. What was the main idea? Characters? Setting? Plot? Climax? Tell me 2 details from story. Who was your favorite character or what was your favorite part of story and why? -Have child throw ball back and forth to parent or sibling and answer question on ball when s/he catches it. If you don't have a ball you can use socks folded into ball shape.	- Use a recording app on a mobile device and record yourself reading a story.

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<b>Writing</b>	<ul style="list-style-type: none"> <li>- Build fine motor strength and two-handed coordination by cutting with scissors. Draw different lines to cut including zigzags, curves, and corners. Try cutting different materials - thicker, heavier materials such as card stock require greater strength.</li> </ul>	<ul style="list-style-type: none"> <li>- Make a list of A-Z words you can scan in your house, on a walk, at the grocery store, or book titles in your home.</li> <li>- Write a sentence using a word from the list.</li> </ul>	<ul style="list-style-type: none"> <li>- Spell out words, your name, or first letter in each word of sentence by doing a movement before writing or as a writing break.</li> <li>*Letters can be written on paper scraps, index cards or letter pieces from puzzles or games like Scrabble can be used.</li> <li>*If this is too complicated, student can jump, hop, etc. on each letter to spell out words.</li> </ul>	<ul style="list-style-type: none"> <li>- Type or dictate a list using a digital device using a "List" or Notepad app.</li> </ul>
<b>Math</b>	<ul style="list-style-type: none"> <li>- Write numbers 1-10 on separate index cards, foam board, construction paper, or regular paper. Use a hole punch to make the number of holes on each card.</li> </ul>	<ul style="list-style-type: none"> <li>- Write a number on a paper. Write it big. Cut it up into 4 pieces to make a puzzle. Mix up the pieces and put the puzzle back together.</li> </ul>	<ul style="list-style-type: none"> <li>- Chair squats for 10 reps</li> <li>-Marching in place with toe tapping on seat of chair (20 reps).</li> <li>-Plank using chair seat to put hands on then stretch feet out and hold for a count of 20-30 seconds.</li> <li>*Make sure you count while you do them!</li> </ul>	<ul style="list-style-type: none"> <li>- Using a real phone, or draw a phone keypad, use your finger to type your phone number.</li> <li>- Practice your friends numbers.</li> </ul>
<b>Science &amp; Social Stories</b>	<ul style="list-style-type: none"> <li>- Build structures with toothpicks/skewers/dry spaghetti combined with marshmallows/jellybeans/gum drops etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Draw a map of your neighborhood.</li> </ul>	<ul style="list-style-type: none"> <li>- Try a yoga lesson on Cosmic Kids Yoga <a href="http://www.cosmickids.com">www.cosmickids.com</a></li> </ul>	<ul style="list-style-type: none"> <li>- Use an electric mixer (with an adult) to help bake- Add food coloring if possible, to the mix. Move the mixer around in a circle slowly.</li> </ul>

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<b>Chores</b>	- Taking out the garbage: Lift trash bag out of kitchen garbage, can and carry to outside trash bin. Replace new bag inside the kitchen trash can.	- Clean up toys by sorting into like piles or bins (i.e. blocks, puzzles, games each have a designated spot).	- Lifting and carrying a stack of heavy plates to set the table. -Emptying the dishwasher, lifting heavy stacks of dishes to put away. -Mixing very thick or resistive ingredients when baking or cooking.	- Make a visual schedule of daily routines.

\*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.