

Table 1 Occupational Therapy Choice Board 2

## Occupational Therapy CHOICE BOARD 2

Subject	Fine Motor	Visual Motor	Sensory Motor	Technology
<b>Reading</b>	<ul style="list-style-type: none"> <li>- Pick 5 to 10 words from your reading selection and write the words two times each on your paper. Try to pick words that you are still learning. Cut the words into squares. Turn them all over and see if you can remember where they are and match them. Or play “Memory Game” with someone else. Remember to read each word when you turn it over.</li> </ul>	<ul style="list-style-type: none"> <li>- If reading on a tablet or laptop text can be highlighted with read back feature.</li> </ul>	<ul style="list-style-type: none"> <li>- Put a textured cover on the back of book while reading (a scrap of fleece fabric, sequin, bubble wrap) or hold a textured item in your hand as you read.</li> <li>- Sit or lay on different textures/equipment with varying support, changing position every 10 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>- Record yourself reading the ingredients or a label.</li> </ul>
<b>Writing</b>	<ul style="list-style-type: none"> <li>- Work on pencil control with tracing, dot to dots, mazes, coloring within boundaries, drawing and copying activities.</li> </ul>	<ul style="list-style-type: none"> <li>- Trace pre-written letters on paper (can be large or small) using a dry paintbrush, finger, high lighter, etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Complete writing activity while lying on tummy/propped up on elbows.</li> <li>- Sit on therapy ball while completing writing activity</li> <li>- Squeeze stress ball or putty/playdough – 10 times before writing.</li> </ul>	<ul style="list-style-type: none"> <li>- Type a sentence on your digital device.</li> </ul>

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<b>Math</b>	- Label pipe cleaners 1-10 with post-it notes. Put correct number of beads on the corresponding pipe cleaner.	- Pick numbers and write them on your paper to make a pattern.  Example: AB pattern 3 4 3 4 3 4 ABBA pattern 5 99 5 99 5 99	- Play metronome to a desired beat number (40-80 beats per minute). -Have students count and practice facts. *Use metronome app or found on YouTube.	- Use the "stopwatch" feature in your clock app to see how quickly you can work.
<b>Science &amp; Social Stories</b>	- Create your own version of a historical building using a "cheerio" type cereal or small dry pasta to glue items into desired shape (May need to outline first).	- Play flashlight tag.	- Go on a nature walk/scavenger hunt and look for items that you are reviewing in class (solid/liquid/gas, things to renew/reuse/recycle, symbols of the United States and/or Virginia, etc.).	- Use a camera to take pictures of bugs.
<b>Chores</b>	- Washing the floor (squeezing out a mop or sponge, mop the floor).	- Sort clean silverware.	- Hanging a shower curtain (reach down for shower rings and place on rod). -Scrubbing the toilet, bathtub, or shower stall while on hands and knees. -Mopping floors with heavy mop, pushing down hard -Sway side-to-side while cleaning mirrors/cleaning sink/counter.	- Check the weather app and decide on clothes

\*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.