

Table 1 Occupational Therapy Choice Board 3

Occupational Therapy CHOICE BOARD 3

Subject	Fine Motor	Visual Motor	Sensory Motor	Technology
Reading	- Write your sight words on an index card. Look at the word for 5 seconds. Turn the card over and write the word from memory.	- Choose one sentence and draw a picture to illustrate the sentence.	-Use a lap pad while reading. It can be a book, a bag of rice, or a backpack or favorite stuffed animal or pet. Read to a pet or a stuffed animal. Pet him while you're reading.	- Video yourself reading, play back and listen.
Writing	- With supervision, practice tracing and copying to ensure practice of correct formation patterns. Focus on one letter/number at a time with repetition to build motor memory. Regular practice (daily for 5-10 minutes) can really make a difference!	- Put paper with pre-written letters, shapes, and/or words in plastic sleeve and use dry erase marker to trace	-Complete an animal walk (crab walk, bear crawl, frog jump) following the outline of a letter(s). -Do an animal walk while saying "top to bottom" and "left to right".	- Dictate a message or a response using a recording device/app.
Math	- Write simple math equations on paper. Roll out play doh and trace the numbers with the play doh before solving the equation.	- Put 3 to 4 different coins on the table. Put your paper over the coins and rub with a crayon to see the details. Now add up the coins and write the numbers.	-Use different colors for math symbols and key words to draw attention. -Turn lined paper horizontal to form columns where to solve equations.	- Use the calculator to add or subtract.

Subject	Fine Motor	Visual Motor	Sensory Motor	Technology
Science & Social Stories	- Fill measuring cup for parents when cooking or baking.	- Draw and/or write within a large space using sidewalk chalk for the student to get the feel of the movements involved in making each line, shape, letter, or number.	*Just like there is a North, South, East, and West, there is a top, bottom, left and right side of your body! -Before watching a video, complete 10 body cross crawls – march in place, and touch the opposite knee while it is at waist level. So right hand touches left knee, left hand touches right knee.	- Use a camera to take pictures of flowers blooming at different stages.
Chores	- Loading the washer and dryer with clothes (carry clothing to washing machine in a basket, load into the washer, add soap and have an adult help to start the washer). Take clothing out of washer once it has washed and put into dryer, add fabric softener sheet, close door and have an adult help with dryer settings to start dryer).	- Empty dishwasher and sort items on counter (cups, bowls, plates).	-Mowing the lawn or helping with digging or spreading mulch during landscaping. -Carrying flowerpots outside. -Swaying back and forth while holding a hose and watering the yard/plants. -Help push a sibling on a swing while babysitting.	- Vacuum your room

*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.