

Table 1 Occupational Therapy Choice Board 4

Occupational Therapy CHOICE BOARD 4

| Subject | Fine Motor | Visual Motor | Sensory Motor | Technology |
|----------------|---|---|---|---|
| Reading | <ul style="list-style-type: none"> - Use a highlighter marker and old magazine or newspaper, highlight/circle all words starting with the letter A or highlight/circle all the 'and', 'the', etc. words. | <ul style="list-style-type: none"> - Retell the story you are reading while playing catch or tossing a ball up in the air. | <ul style="list-style-type: none"> -Change position while reading: read while prone on your stomach and elbows, standing on one foot, read in a hammock or bean bag chair, curl up in a chair or hang your legs over the back so that your feet are higher than your head. -Have something else hold your book vertically in front of you (easel, binder with clips to hold pages, refrigerator). | <ul style="list-style-type: none"> - Use an empty toilet paper roll as a spy glass, and search for all the letter "S" in your story. Touch the letter with a spoon when you find them. |
| Writing | <ul style="list-style-type: none"> - Build finger strength needed for grasping a pencil by tearing paper (i.e. tissue paper, newspaper, construction paper). Tear paper into small pieces and glue on paper to make art. Roll small pieces of paper into balls using power fingers (thumb, index, middle fingers). | <ul style="list-style-type: none"> - Do writing activities on a vertical surface (door, refrigerator, or wall mirror.) | <ul style="list-style-type: none"> -Write alphabet/numbers or site words in a tray of rice, shaving cream, sand, cinnamon or in a Ziplock bag with gel or paint. -Write a story, poem or copy a recipe using smelly markers or colorful gel pens. -Make a sensory bin using dry rice, beans, corn, lentils or other materials. Hide 10 small items in bin and write them on a piece of paper once found. | <ul style="list-style-type: none"> - Use the "speak" feature in Microsoft Word to listen to what you typed. |

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| Math | - Label paper cups or plastic containers with numbers 1-10. Squeeze the correct number of clothespins onto the top of the cup. Add or subtract while pinching the clothespin off the cup. | - Choose a number. Bounce and catch a ball to that number. | -Baking using measurement and fractions. -Read directions on box and highlight keywords. -Follow each step to open containers, pour, scope to complete recipe. -Stir and set cooking appliance. | - Use a ruler to measure 10 different objects. |
| Science & Social Stories | - Cover one end of a straw with your index finger, dip straw into a bowl of water, then transfer water to a measuring cup by keeping your finger over the straw until you release it over the measuring cup. How many times do you think it will take to fill up to 1/4 cup? 1/2 cup? 3/4 cup? 1 cup? | - Draw half of a picture (house, fish, etc.) and have student draw the other half. | -Use www.gonoodle.com to move to a song before you complete your science/social studies assignment. | - Use a camera to take pictures of tall things, short things, etc. |
| Chores | - Wipe down counters and kitchen table. | - Match clean socks. | -Vacuum- incorporate forward and back and changing direction; vacuum stairs for added challenge. -Polish furniture while on hands and knees. -Carry heavy laundry basket or dragging from room to room to put away clothes or take to laundry room. | - Use a calendar to mark birthdays, holidays, special events. |

*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.