

Table 1 Occupational Therapy CHOICE BOARD 5

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Subject	Fine Motor	Visual Motor	Sensory Motor	Technology
Reading	<p>- 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).</p>	<p>- Write down the first and last letter of each paragraph you are reading.</p>	<p>-Do yoga poses while you're reading - change the position when you need to or when you finish the page or do yoga poses to match the story. *Remember to take deep breaths. www.kidsyogastories.com offers pictures of yoga poses and lots of free and creative ideas for seasonal and age appropriate yoga activities for kids.</p>	<p>- Make a reading window: use a discarded cereal box or similar, cut a rectangle 2.5" wide by the width of your page + 1.5". Cut a "U" shaped area as noted below in red. The "red" part slides under the page or paper, and the window highlights the text on the top of the page. The overhang is a tab to slide the window up and down the page. It can be left in place to act as a place saver when copying info from book to paper or tablet.</p>

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Writing	<ul style="list-style-type: none"> - Build hand/finger strength by working with resistive materials (dough, putty). Focus on strengthening power fingers used for grasping a pencil by pinching, pulling, squeezing, and rolling dough/putty into snakes and little balls. 	<ul style="list-style-type: none"> - Place rice or flour in the bottom of a plastic container to just cover the bottom and write letters, shapes, or words in the rice or flour. 	<ul style="list-style-type: none"> -Make up a list of things you might see in your neighborhood (black door, bird, ball, red car, basketball hoop, leaf, insect, etc). -Write the list and then go with your parent on a walk in your neighborhood (following social distancing of course) and check off what you found. If you are really feeling energetic, write a story about what you saw, felt, smelled, tasted, etc. on the walk. 	<ul style="list-style-type: none"> - Use an empty 2"-3" 3 ring binder to write on. It acts as a slant board or lap easel.
Math	<ul style="list-style-type: none"> - Use Cheerios to perform simple math equations by placing the Cheerios onto a toothpick, thin straw, pipe cleaner, or a piece of string. 	<ul style="list-style-type: none"> - Draw a large circle on a piece of paper or use a paper plate and write out the numbers on a clock face. 	<ul style="list-style-type: none"> -Use chalk to create a hopscotch board. -Throw a rock or other small object onto board then hop to that number. *Each turn try a new jump (hop, frog jump, leap, step). 	<ul style="list-style-type: none"> - Use paperclips to hold papers together.

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Science & Social Stories	- Seek out a children's learning video or book on a country and their national flag. Use finger paints or a water dropper, Q-tips on paper, or card stock to create a version of the national flag.	- Scan the environment/ neighborhood and write down what you find.	-Walk like different animals around each room of the house before you complete seated work. For example, crab walk in the kitchen, bear walk in the family room, slither like a snake in your bedroom. As you are walking like the animal, try to come up with characteristics depending on what you have learned in school.	- Use a camera to take a picture of your favorite thing during a virtual field trip.
Chores	- Hang laundry with clothespins. - Fold and put away clean clothes.	- Fold dishtowels, washcloths, hand towels.	-While on hands and knees or hanging off of couch and supported on hands, sort laundry. -While standing on stool or chair (safely), reach up into cabinets to gather ingredients or organize cabinets. -Help with painting, pressing firmly on paint-roller.	- Videotape yourself to help remember how to do something.

*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.