

Table 1 Occupational Therapy CHOICE BOARD 6

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Subject	Fine Motor	Visual Motor	Sensory Motor	Technology
Reading	<p>- 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.</p>	<p>- Take an old magazine or newspaper and circle a letter of the alphabet in one article; example: circle each of the letter "b".</p>	<p>- Swing a light weight or pail from side to side as you read. - Do 10 to 15 chair push-ups, wall push-ups and/or wall drops before you start reading. *Do these as a break 10-15 minutes into reading and when you're finished reading.</p>	<p>- Look at a recipe. Practice using a clear measuring cup to find the amount of each ingredient you need. Find the amount, mark it with a washable marker to see it better if you need to, then fill with water to that mark. Repeat for all ingredients.</p>
Writing	<p>- Try highlighting the bottom line to promote visual attention.</p>	<p>- Flatten playdough like a pancake and place on the lid of a plastic container. Use a pencil to write letters, words, shapes or pictures on the playdough pancake.</p>	<p>- Find a bag or a basket and walk around to find these items. - Squat, reach, pick up these items and then walk around with them being able to balance as they navigate looking for more items. *Check off the items or write the item down as they find it.</p>	<p>- Use an empty toilet paper roll as a spy glass and find the letters of your name on the keyboard. Repeat for family and friends.</p>
Math	<p>- Write numbers 1-12 on the inside of an empty egg carton. Use tweezers or clothespins to sort different objects by numbers: cotton balls, uncooked noodles, coins, buttons, etc.</p>	<p>- Scan your environment for numbers and write all the numbers you see on a piece of paper.</p>	<p>- Place math problems between each station and have student solve before moving forward. *Ideas: tunnel, animal walks, rolling</p>	<p>- Use the "alarm" feature in your clock app to set an alarm 40 minutes from now. Go!</p>

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Science & Social Stories	- Create a timeline of historical events activity by writing a social event on construction type paper, sorting written events in order from the time they occurred, and then cut and paste items in order that event occurred.	- Create your own mazes about the current Science/SS subject.	- If you need to watch a video for science or social studies, try standing on a pillow while you watch the video. Put the video at eye level or slightly above eye level. If standing on the pillow is too challenging, stand on one leg while you're watching the video. If you need assistance use a chair to help you balance. Be sure to focus your visual attention on the screen and switch feet.	- Use a scale to weigh your toys.
Chores	- Sort utensils when emptying dishwasher.	- Wipe off the table. Start on one side and wipe across to the other side, making sure not to miss any spots.	<ul style="list-style-type: none"> - Rake leaves or grass clippings. - Take out the garbage and pull the garbage and recycling cans up/down driveway or toss garbage/recycling in bins. - Roll down the hill while playing with animals/pets. - Jump on or smash recyclables or collapse boxes 	- Use the alarm feature to set a reminder.

*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.