

Table 1 Occupational Therapy CHOICE BOARD 8

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Subject	Fine Motor	Visual Motor	Sensory Motor	Technology
Reading	- 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.	- Take an old magazine or newspaper and draw the outline of each paragraph you see in an article.	- Use a finger fidget while you're reading (nut and bolt with one hand, tangle toy, etc.) . -Doodle or draw what you hear while someone else reads to you.	- Record yourself reading the ingredients or a label.
Writing	- Roll and shake dice. Write a letter/number you are working on that many times. Roll again, then write words starting with the letter you are focusing on. Example working on letter "d": I roll 5, then write 5 words that start with letter "d" (dog, dig, drum, drive, drag).	- Make a list of A-Z words you can scan in your house, on a walk, at the grocery store, or book titles in your home. - Write a sentence using a word from the list.	-Tape or hold a piece of paper to the wall or door and write or color standing up. *You can add to the challenge by completing wall push-ups between sentences or writing/coloring tasks.	- Type a silly sentence. Change the words to your favorite color.
Math	- Draw simple shapes on paper. Use the popsicle sticks to trace the shape or make the shape on the table.	- Write a number on a paper. Write it big. Cut it up into 4 pieces to make a puzzle. Mix up the pieces and put the puzzle back together.	-Take a beach ball or other ball and label ball with math problems (-,+/X). *Throw ball up and catch or play catch with parent or sibling. *Answer the question you see when you catch ball.	- Draw two straight lines, use a ruler to see which line is longer.

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Science & Social Stories	- Use playdoh and Popsicle sticks or Q-tips to build community structures (grocery store, skyscraper, pool, etc.).	- Play I Spy using the things you see out your window.	-Give your brain a break and play "Roll Some Brain Breaks"	- Use an electric mixer (with an adult) to help bake- Add food coloring if possible, to the mix. Move the mixer around in a circle slowly.
Chores	- Wash and dry the family car. - Vacuum the car. - Clean the windows.	- Organize shoes by color or size.	Vacuum off couch, lift up cushions if possible and pressing firmly with vacuum hose. -Hang up heavy wet laundry. -Shake out blankets commonly used. -Fluff pillows and couch cushions by shaking or lightly punching.	- Use a spray bottle to help clean windows and glass doors with an adult

*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.