

## Activities for Children

### Oral Motor Activities:

- Drink thick liquids (i.e., shakes, yogurt) through a straw
- Use a vibrating toothbrush
- Straw Blow Paintings:
  - Blow paint with a straw to make art
  - Blow thinned glue with a straw and then have the child sprinkle glitter on glue to make it look like fireworks
  - Fill a bowl with water and a couple of drops of dish soap-have child use straw to blow bubbles in water
  - Have a race: use a straw to blow ping-pong balls or cotton balls to the finish line
- Blow bubbles
- Use whistles, kazoos, party blowers
- Have child eat chewy candy (i.e., toffee, laffy taffy)
- Have child chew gum

### Eye-Hand Coordination Activities:

- Balloon toss- blow up balloon and have child see how long they can keep it from touching the ground. (Add a few beans or some rice inside to add some extra auditory and tactile sensory input.)
- Play catch
- Throw objects such as bean bags or stuffed animals at target
- Play sports such as baseball, basketball and/or hockey - in which the child has to keep his/her eye on the ball and shoot at a target

### Body Awareness Activities:

- Have the child lay down on a large piece of paper, trace their body on the paper with a marker, then have the child fill in the details of their body (use of a full length mirror may be used to assist in remembering the parts)
- Mr. Potato head

### Proprioceptive Activities:

- Make edible or pretend cookies: use cookie cutters to make different fun shapes and promote the use of both hands; you can use edible dough, play-doh, cut out shapes in sandwiches or Rice Krispie treats and brownies
- Wheelbarrow walking (on flat or sloped surface)
- Jumping on trampoline
- Heavy work activities (pushing, pulling, lifting, carrying objects) have your child assist in putting away the groceries
- Cooking activities that require stirring (i.e, make pudding)
- Make lemonade (have the child use a lemon press or their hands to squeeze lemons)
- Use of weighted animals, vests on their lap while seated to assist in increasing attention and decreasing fidgeting (make your own weighted lap snake with a tube sock and beans or rice, add details such as buttons for eyes and string for the mouth)
- Use of tight vest
- Massage of the hands and feet
- Joint compressions (gentle manipulation of joints in body)
- Scooter board activities (propel self on stomach with hands and feet)
- Kick ball
- Silly animal walks (i.e, bear walk, crab walk)
- Squishing or deep pressure hugs (e.g., using pillows or a therapy ball to provide child with deep pressure input; have them lie on their stomach and gently roll the ball over their body providing pressure)

### Tactile Activities:

- Make a sensory book (use different textures of cloth or items from outside such as grass and sand to make the pages)
- Have child reach into bag with eyes closed to find different objects
- Use tactile balls when playing catch
- Have child manipulate Play-doh, theraputty, mold Rice Krispie treats, clay to make different shapes/animals
- Hand-washing
- Finger paint
- Pudding painting (use real pudding to paint with)

- Make mini pizzas and have child knead the dough
- Shaving cream (spray shaving cream on mirror and have child write/draw letters, numbers, shapes and pictures)
- Sensory table (fill with different textures such as water, sand, beans, rice, shells)
- Homemade silly putty
- Have the child find objects/puzzles pieces in bins of rice, beans, etc.

#### Bilateral Coordination Activities:

- Legos
- Snap beads
- Plastic Easter eggs
- Make necklaces/bracelets (can make edible ones with cheerios or Fruitloops)
- Cookies (roll cookie dough into balls)
- Shoe tying
- Opening jars/bottles
- Getting dressed (zipping, buttoning, snapping)

#### Vestibular Activities:

- Swinging (linear and circular)
- Sit and spin
- Jumping
- Dancing
- Climbing (i.e., on jungle gyms or over large pillows)

#### Fine Motor Activities:

- Spray bottle
- Work on vertical surfaces (hang paper on wall or put on slant-board; can use a large binder filled with paper placed horizontally instead of purchasing a slant-board)
- Tongs (have child use mini tongs, clips, clothes pins, etc. to pick up objects)
- Eye-droppers to move liquid
- Games with small pieces (i.e, light bright, checkers, bingo)



- Put coins in piggy bank
- Find objects hidden in theraputty
- Stickers

#### Fidget Toys/Activities:

- Stress balls
- Tiny toys such as transformers
- Bungee cord bracelets
- Different textured balls
- Fabric swatches
- Lanyard activities (braiding, etc.)
- Hand games ("this little piggy," "one potato", "rock paper scissors", etc.)
- Rubber bendable toys, objects