



A note from your student's occupational therapist

Here are some ways to promote your student's motor and self-help skills over this extended spring break:

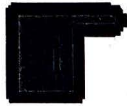
- Encourage his participation in simple household chores or tasks, such as assisting with cleaning up an activity or helping with a simple recipe
  - Attached are some simple recipe ideas
  - You can find additional recipes at: <https://accessiblechef.com/>
- When handling a difficult or stressful situation, encourage the use of calming strategies
  - Deep Breathing Techniques (see attachment)
  - Deep pressure input through hugs and gentle head or hand squeezes
  - Taking a break in a calm quiet space
  - Taking a movement break (e.g. take a walk outside, do a simple scavenger hunt, build a fort, dance to music, etc.)
- Engage in activities that involve using both hands together and promoting hand strength
  - See attached handout

Best regards,

Miss Bridgid



# NO COOK PLAY DOH



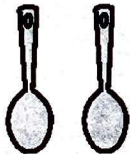
2 cups flour



2 Tbls. cream of tartar



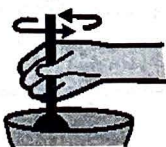
1/2 cup salt



2 Tbls. vegetable oil



1 cup boiling water

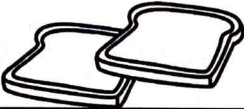



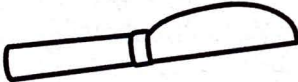


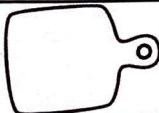



Mix all ingredients in a large bowl. Add more water if needed.

# CHEESE SANDWICH

## recipe

@ToolsToGrowOT.com

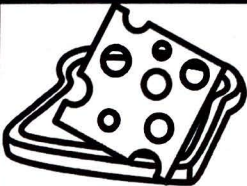
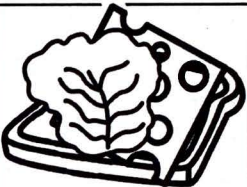
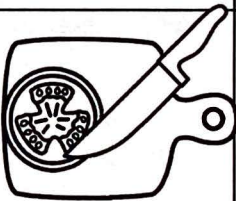
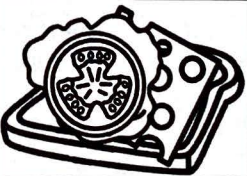

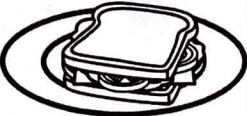
INGREDIENTS AND TOOLS LIST		
	2 Slices of Bread	<input type="checkbox"/>
	1 Tomato	<input type="checkbox"/>
	1 Lettuce Leaf	<input type="checkbox"/>
	Mayo	<input type="checkbox"/>
	Butter Knife	<input type="checkbox"/>
	Slice of Cheese	<input type="checkbox"/>
	Plate	<input type="checkbox"/>
	Cutting Board	<input type="checkbox"/>
	Knife	<input type="checkbox"/>

# CHEESE SANDWICH

## recipe

©ToolsToGrowOT.com

### STEPS TO COMPLETE

1	Place cheese slice on bread.		<input type="checkbox"/>
2	Place lettuce on top of cheese slice.		<input type="checkbox"/>
3	Wash the tomato. Place the tomato onto the cutting board. *Use a knife to slice. Be sure to have an adult's supervision and assistance		<input type="checkbox"/>
4	Place tomato slice on top of lettuce.		<input type="checkbox"/>
5	Spread mayo on the other piece of bread.		<input type="checkbox"/>
6	Press this slice of bread on top of the assembled half. Place on a plate and enjoy!		<input type="checkbox"/>



# Tools to Grow at Home

## What to Know & How to Develop Fine Motor Skills Preschool - School Age Children

### FINGER & HAND STRENGTH

#### What Parents Need to Know:

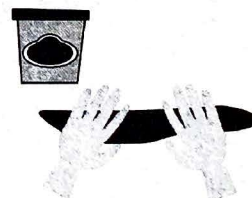
- Adequate hand and finger strength is required to exert enough force to match the qualities of the object to be grasped and manipulated.
- Without adequate strength, child will not be able to use tools and/or operate objects as required.
- The child may fatigue before the task is completed.



#### Try This!

- ☐ Squeeze - sponges in the sink/tub, stress balls, paper into balls, play dough, or clay
- ☐ Resistive tools - given help as needed, children enjoy using a hole punch, basting tool, garlic press, and eye dropper
- ☐ Spray Bottle - fill a small plastic bottle with water & encourage your child to use his/her fingers to squeeze the lever to spray. Great for outdoors and bath tub.
- ☐ Flicking Games - use index finger to flick a marble, cotton balls, small pom-poms, coins, or balls of paper at a target. Use your imagination!
- ☐ Hammering - Use a toy hammer to pound golf tees into foam blocks.
- ☐ Use Legos, Duplo, K'Nex, Tinker toys, or similar building blocks
- ☐ Clothespins - squeeze onto the edge of a can or clothesline
- ☐ Play dough & Clay - mold, squeeze, roll, tear, and pinch

#### Special Instructions:



# Tools to Grow at Home

## What to Know & How to Develop Fine Motor Skills Preschool - School Age Children

### FINGER ISOLATION



#### What Parents Need to Know:

- The ability to move each finger individually, or one at a time, is important for precise and careful use of each hand.
- Well developed controlled finger movements are needed for tasks such as using a pencil, typing, using musical instruments, & tying of shoelaces.

#### Try This!

- ☐ Flicking Games - use index finger to flick a marble, cotton balls, small pom-poms, coins, or balls of paper at a target. Use your imagination!
- ☐ Bubbles - pop with your index or pointer finger
- ☐ "I Spy" - use index or pointer finger to point at objects or pictures in a book
- ☐ Tracing - use one finger to trace large shapes, letters, & numbers. Consider using a sand or shaving cream tray to do so
- ☐ Finger Puppets-use one or several at a time
- ☐ Finger Snapping-give it a try!
- ☐ Finger Paint-use only your index or thumb to paint
- ☐ Poke - try to use one finger at a time to pop bubble wrap
- ☐ Place a different picture sticker on the pad of each of four fingers. Child uses his/her thumb to touch the sticker (and finger) that is specified by the parent
- ☐ Play dough - push individual fingers into dough one at a time
- ☐ Hand lotion - child holds one finger out at a time to have lotion applied
- ☐ Got It - child places his/her hand palm down & flat on a table. Parent touches a single finger; the child tries to lift up only that finger
- ☐ Finger Games - "Itsy Bitsy Spider" & "Thumbkin"



#### Special Instructions:



# CALMING BREATHING TECHNIQUES

## 1 || Infinity Breathing

Visualizing an infinity symbol, or even tracing the symbol with one finger while breathing in and out, can be a helpful tool for kids to achieve a smooth, even breath cycle. Have kids inhale as they follow one half of the symbol and exhale as they follow the other half.

## 2 || Balloon Breathing

Another helpful breathing technique is to have kids visualize a balloon inside their bellies. As they breathe in, the balloon expands and as they breathe out, the balloon deflates.

## 3 || Alternate Nostril Breathing

For this breathing exercise, kids bring attention to their breath by holding one nostril closed as they breathe in and then holding the other nostril closed as they breathe out.

## 4 || 4 Count Breathing

Have kids breathe in for a count of 4, then pause to hold onto the breath for a count of 4, breathe out for a count of 4, and pause when the breath empties for a count of 4.

## 5 || Counting Breaths

For an even easier version of the technique above, simply have kids count their breaths until they get to 10 (counting 1 on the inhale, 2 on the exhale, and so on). Then, have them start over at 1.

## 6 || Beach Breathing

This is one of our favorite breathing visualization techniques. Have kids imagine that they're standing on the beach. As they inhale, have them imagine that they're drawing a wave up onto the sand. As they exhale, have them imagine the water receding back into the ocean or lake. Repeat.

## 7 || Draw a Square Breathing

This one adds a visual component to the 4 Count Breathing described above. On their desk or table, have kids trace a horizontal line with their fingers for a count of 4 as they breathe in (the top of the square). Then, trace downward to form the side of the square as they hold the breath for a count of 4. Then they trace horizontally again to make the bottom of the square as they exhale. And finally they trace upward to form the other side of the square as they hold their breath out. Repeat.

## 8 || Making an Object Move With the Breath

This is a great one to try with younger kids! Have the child lie on the floor with a toy or other small object resting on her tummy. Tell her to try to make the object rise and fall slowly by breathing deeply.