A note from your student's occupational therapist

As we move forward in this uncertain time, I can be reached at egrob@re-edserv.com with any questions or concerns regarding your student's OT needs. Please don't hesitate to reach out to me with any questions about visual supports or sensory/self-regulation strategies, as well as concerns specific to your student's OT goal.

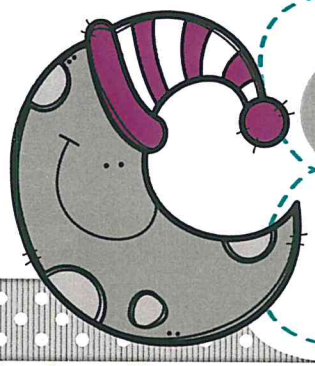
Here are some ways to promote your student's skills over this extended break:

- Work with your student to create an individualized visual to support his hygiene and healthy sleep habits
    - See attached handout
- Engage in activities that promote finger isolation and hand strength
    - See attached handouts
- Encourage participation in activities that require bilateral coordination
    - See attached handout
- Participate in activities that promote visual motor skills, such as:
    - I Spy with a Twist (see handout)
    - Hidden Picture Finds
    - Puzzles
- While completing school work and even during play, encourage different postures to promote strength and maintain an alert body speed for learning
    - See attached handout
- When handling a difficult or stressful situation, try these 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.)

Best regards,

Ms. Emily

egrob@re-edserv.com



BED TIME ROUTINE CHART

Print Instructions:

☑ Print Blank Bed Time Routine Chart: You can select from two different versions:

- 6 Routine Pictures
- 7 Routine Pictures

☑ Print Chart Items: There is one page of picture daily chores (with blank - make your own) - Boy & Girl Versions included!

- Choose the appropriate routine pictures for your child/family.
- Cut out each rectangular routine picture that you will be using.
- A maximum of 7 routine pictures can fit onto the blank chore chart.

Assembly Instructions: You can then assemble your routine chart in two different ways:

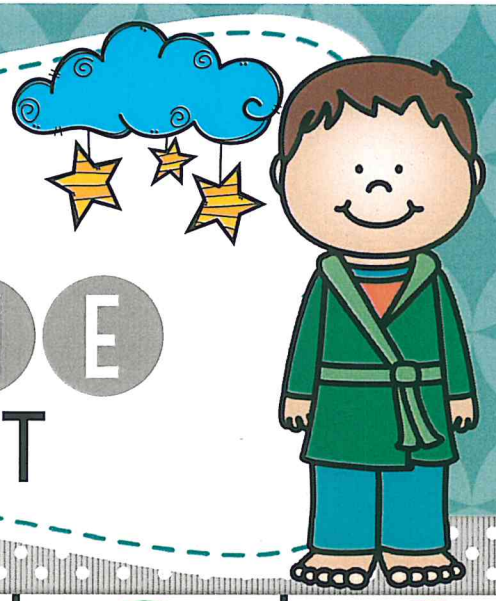
Option 1 : This option does not allow for flexibility in re-arranging the sequence for completing the bed time routine items.

- Arrange and glue the chore pictures on the blank bed time routine chore chart in the order you expect your child to complete the tasks.
- You may wish to laminate the entire chart (with the pictures attached).
- Use a dry erase marker to check off boxes as each task is complete.

Option 2 :This option allows for more flexibility if the sequence of your child's bed time routine changes.

- Laminate the blank bed time routine chart.
- Laminate the desired chart pictures.
- Use Velcro or securely tape each chart picture onto the blank bed time routine chart in the order you prefer.
- Place Velcro onto each check mark square.
- Using Velcro, your child can add the "check mark" as the task is completed.

BED TIME
ROUTINE CHART

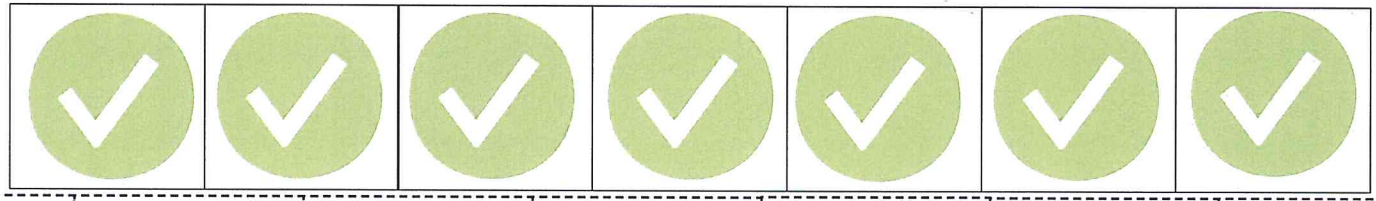


1	2	3	4	5	6	7

ROUTINE CHART ITEMS

Choose the appropriate items for your child/family

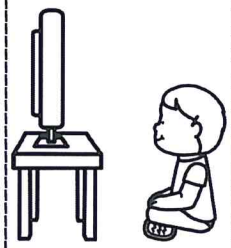
BOY VERSION



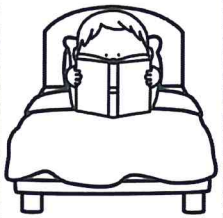
BRUSH TEETH

PRAYERS

MOVIE

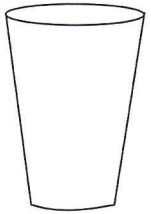


READ BOOK



BATH

WATER/ DRINK



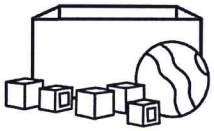
POTTY

PAJAMAS ON

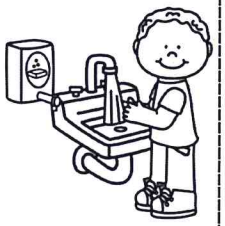
SLEEP TIME

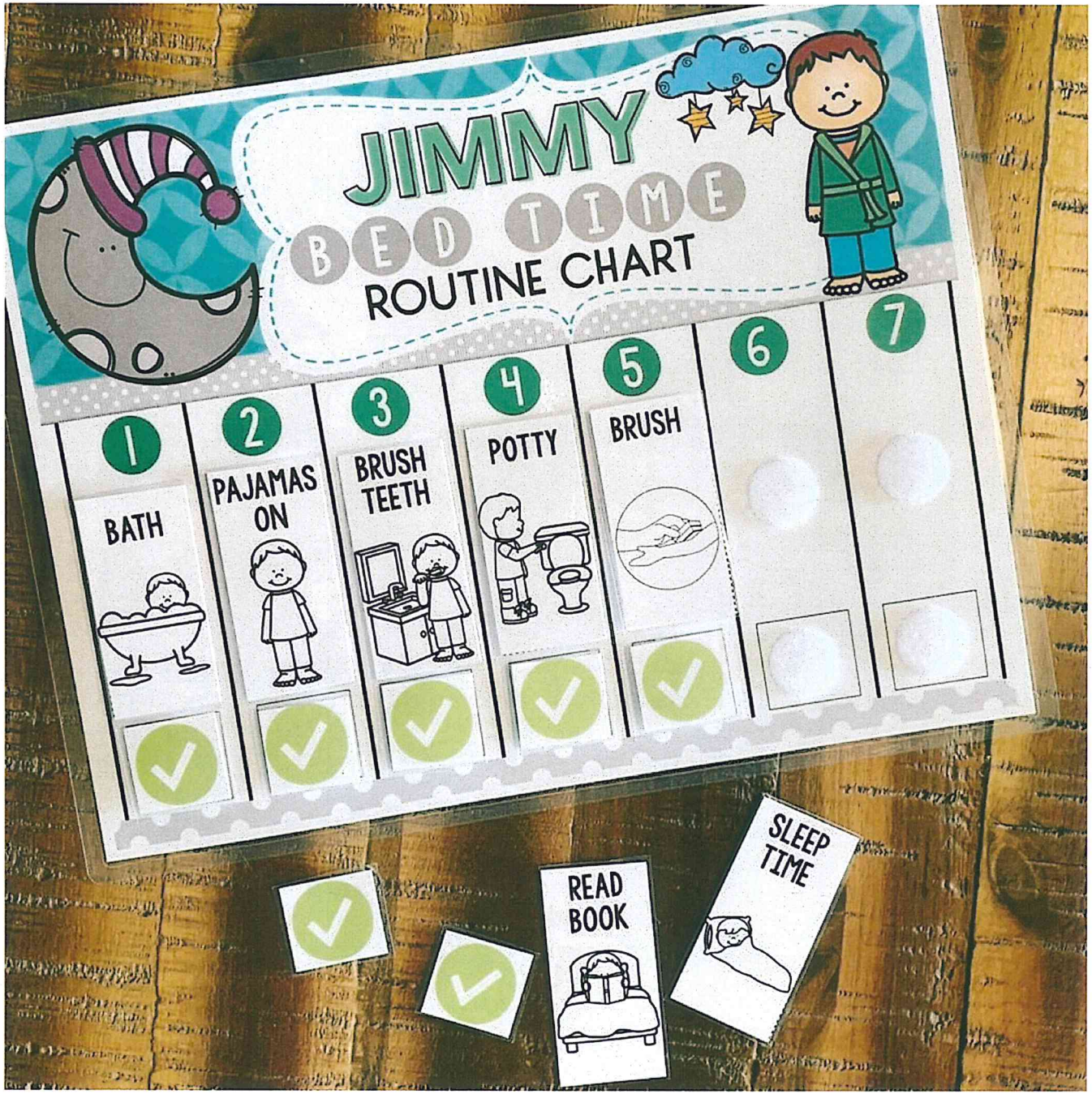
BRUSH

PICK UP TOYS



WASH HANDS




JIMMY
BED TIME
ROUTINE CHART
1
BATH
2
PAJAMAS ON
3
BRUSH TEETH
4
POTTY
5
BRUSH
6
7
READ BOOK
SLEEP TIME

I Spy

With a Twist!

Colors

I spy something...
Red
Orange
Yellow
Green
Blue
Purple

Numbers

I spy 2 animals
I spy 3 trees
I spy 4 cars
I spy 5 flowers

Textures

I spy something rough
I spy something smooth
I spy something bumpy
I spy something soft
I spy something hard

Actions

I spy something you can throw
I spy something you can balance on
I spy something you can jump off of
I spy something you can climb

Letters and Sounds

I spy something that begins with...
I spy something that ends with...
I spy something that rhymes with...

Memories

I spy a place where we camped out one night
I spy a place where we had a picnic
I spy a place where we planted seeds
I spy a place where you learned to ride your bike

Animals and Habitats

I spy a place where a bird would live
I spy a place where a snake would live
I spy something a bug would eat
I something a squirrel would eat

Shapes

I spy something that's a...
Circle
Oval
Triangle
Square
Rectangle
Diamond

Space and Distance

I spy something that's close by
I spy something that's 10 feet away
I spy soething that's closer than...
I spy something that's way up high
I spy something that's farther away than...

Other Senses

I spy something that smells sweet
I spy something that makes a buzzing sound
I spy something that's cold

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.

Tools to Grow at Home

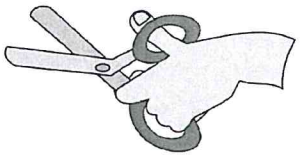
What to Know & How to Develop Fine Motor Skills
Preschool - School Age Children

BILATERAL HAND USE: USING BOTH HANDS TOGETHER

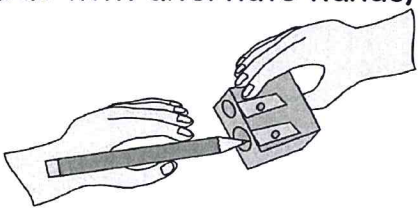
What Parents Need to Know:

- Bilateral refers to the use of both hands, and both sides of the body.
- The use of both hands together in a smooth manner is very important for feeding one's self, dressing, playing, and school tasks.
- Bilateral hand use includes using both arms/hands at the same time for the same action, such as using a rolling pin.
- It also includes using the same action at alternate times, such as dribbling a ball with one hand, then the other hand.
- Finally, it includes the ability to use different sides of the body for different movements, such as holding the paper down when writing.

Try This!



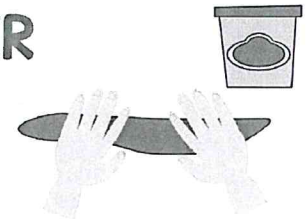
- ☐ Scissors - some children will snip, others cut on lines, and others will cut around shapes
- ☐ Tear pictures out of a magazine to make a collage
- ☐ Tear small pieces of colored construction paper and paste onto another picture to "add color"
- ☐ Use both hands to pull apart construction toys (Duplo, Lego)
- ☐ Pull apart and put together pop beads of different sizes
- ☐ Pull - use both hands to pull a wagon or pillow case full of toys
- ☐ Push - use both hands to push a box full of toys
- ☐ Ball Games - play catch with both hands, bounce a large ball with both hands, throw a ball with both hands, bounce a ball with alternate hands, throw the ball at the wall-bounce-then catch
- ☐ Sharpen crayons or pencils



Tools to Grow at Home

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

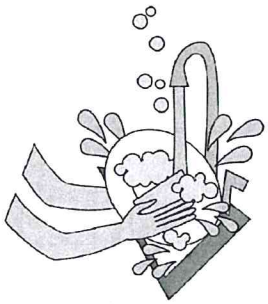
BILATERAL HAND USE: USING BOTH HANDS TOGETHER



Try This!

- ☐ Jump Rope
- ☐ Play Dough - use both hands to roll dough with a rolling pin. Use a "garlic press" to squeeze out dough, use a plastic knife to cut the dough
- ☐ Play "Zoom Ball"
- ☐ Stand up to Color - child stands at wall or easel and uses one hand to hold paper up & other hand to color/print/paint
- ☐ Stencils - trace within and outside of their borders
- ☐ Lacing Cards - one hand holds the lacing card and the other laces through the holes. Determine the lacing pattern such as up the hole, and then down the hole, repeat
- ☐ Stitching - older children can perform simple hand stitching or sewing of buttons
- ☐ Pouring - water, sand, or dry rice from one container to another
- ☐ Tying knots & bows
- ☐ Folding laundry - fold towels, wash cloths, socks, etc.
- ☐ Folding Paper - Older children can try origami crafts
- ☐ Washing dishes - even young children can wash child safe dishes with supervision.

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 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:

Tools to Grow at Home

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

FINGER & HAND STRENGTH

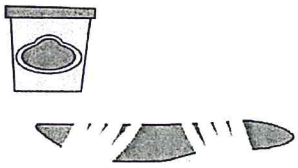
What Parents Need to Know:

- 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:



GET OUT OF THAT CHAIR

ENCOURAGE YOUR CHILD TO ASSUME DIFFERENT POSITIONS

www.ToolsToGrowOT.com

PRONE ON FOREARMS

Prone on forearms builds strength through a child's neck, back, and shoulders.

‹‹‹ 1/2 KNEEL

1/2 Kneel increases core strength and improves hip stability. Also prepares body for single limb stance.

‹‹‹ SQUAT

Playing in a squatted position works on balance and stretches a child's heel cord musculature.

LONG LEG SITTING

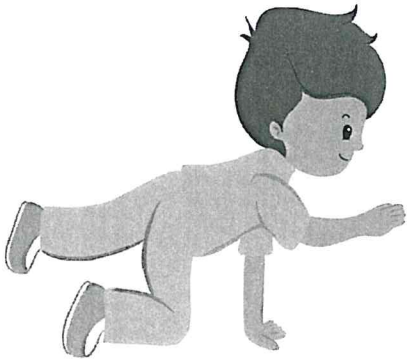
Long sit stretches a child's hamstring musculature and works on balance

SIDE SIT ›››

Side sit encourages rotation through the trunk, weight shifting, and crossing midline.

‹‹‹ TALL KNEEL

Tall kneel strengthens hip extensors and works to improve core stability.



2-POINT QUADRUPED

Hands and knees or 2-point quadruped works on core strength, hip and shoulder stability, weight shifting, and balance