



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:

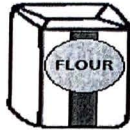
- Encourage his participation in household chores or tasks, such as assisting with cooking simple recipes (e.g. Easy Mac and cheese), using measuring tools, folding clothes, or sorting items
 - Attached is a simple recipe idea
 - You can find additional recipes at: <https://accessiblechef.com/>
- When 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.)

Best regards,

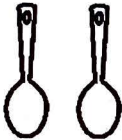
Miss Bridgid



NO COOK PLAY DOH



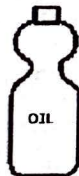
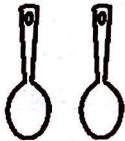
2 cups flour



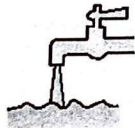
2 Tbls. cream of tartar



1/2 cup salt



2 Tbls. vegetable oil



1 cup boiling water



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

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

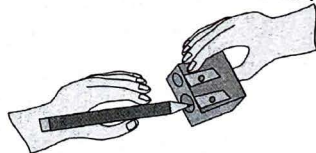
BILATERAL HAND USE: USING BOTH HANDS TOGETHER

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



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.