



SPECIAL EDUCATION

Physical Therapy/Occupational Therapy

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Gross Motor Exercises</p> <ul style="list-style-type: none"> Chair push-ups: sit and hold on to sides of chair, push down on hands and try to lift hips off chair-can students do as many repetitions as their age 	<p>Fine Motor Exercises</p> <ul style="list-style-type: none"> Pushing a car or train around a track. You can draw a pathway or "streets" on a long piece of paper. This works wonderfully, because as the child moves the car, he ends up crawling and naturally stabilizing his weight on the non-dominant hand. Household tools such as tongs, large tweezers, a strawberry 	<p>Gross Motor Exercises</p> <ul style="list-style-type: none"> Animal walks: crab walk, bear walk, lizard walk (army crawl) 	<p>Fine Motor Exercises</p> <ul style="list-style-type: none"> Screwing lids on and off jars, screwing pipe fittings together, assembling nuts and bolts. To add interest to screwing lids off, hide small objects or stickers inside for the child to "discover". Large Legos (Duplos) or other building type toys – one hand must hold and the other manipulates the piece into position. 	<p>Handwriting Exercises</p> <ul style="list-style-type: none"> Tearing/Cutting with Scissors Before cutting, try tearing paper. Cutting with scissors on different thicknesses of paper. Be sure that your child holds his/her scissors with the index finger not in the loop, but resting under the loop to better guide the scissors around curves. Stirring



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		<p>huller or clothes pin to pick up objects. A kitchen tool called a pickle fork to pick up pom poms works beautifully to force that decision on which hand to use and the children love playing with it!</p>			<p>Cooking activities that require stirring (especially mixing ingredients) are excellent for developing hand strength.</p>
<p>Week 2</p>	<p>Gross Motor Exercises</p> <ul style="list-style-type: none"> • Bean Bag Toss Have your child stand in place and throw the ball or beanbag in the air then catch it with their other hand. Your child should repeat this 	<p>Fine Motor Exercises</p> <ul style="list-style-type: none"> • Tool use such as hammering or using a screwdriver. Children's toy workbenches are a great and safe way for children to practice their 	<p>Gross Motor Exercises</p> <ul style="list-style-type: none"> • Dance till You Drop Dancing is not only fun, but it's a great way to get your kids moving. Teach them the grape vine while they line dance, the scorpion to 	<p>Fine Motor Exercises</p> <ul style="list-style-type: none"> • "Pick-up games" Use pennies, buttons, beans skewers cut into one inch lengths or other small items which require use of a refined pincer grasp 	<p>Handwriting Exercises</p> <ul style="list-style-type: none"> • Opening Jars Screwing and unscrewing jar lids can help to develop hand strength. The amount of strength needed can be graded



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	<p>activity with both hands to improve their dexterity and strengthen both arms and hands. The movement from one hand to another helps the weaker parts of the brain and improves cognitive development.</p>	<p>manipulative skills.</p> <ul style="list-style-type: none"> • Scooping beans, salt or noodles with a spoon into containers. Try both hands, watching to see which one is more skilled. 	<p>improve flexibility, or the crab walk during a disco song. To improve flexibility and to add the cross-over movement, have your child sit down and stretch out their legs in a V shape. Then have him or her reach out their arms so they almost touch their toes and start crossing their right arm over their left arm and vice versa all the way to their</p>	<p>(ie. holding the item between the pad of the index finger and pad of the thumb). Then try putting the items into a small hole or slot cut in the lid of a container. Alternate hands doing the task and watch the quality of movement.</p> <ul style="list-style-type: none"> • Encourage coloring on small pieces of paper. One hand has to stabilize the paper or it slips all around. 	<p>by how tightly the lids are put on. Try "hiding" little manipulatives inside to make it more of a game.</p> <ul style="list-style-type: none"> • Tug of War Playing tug of war with a friend or dog. Try using a soft rope with a wide diameter or a rolled up towel. It's also fun to pull a friend lying on a towel.
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			other foot like a tiger from one side to the next. They will love pretending to be a tiger.		
Week 3	<p>Gross Motor Exercises</p> <ul style="list-style-type: none"> Hula Hoop Kids absolutely love to hula hoop so why not incorporate it into our gross motor exercises? When kids hula hoop they develop greater balance and coordination . It also strengthens their core. 	<p>Fine Motor Exercises</p> <ul style="list-style-type: none"> Ball Play: Try to provide opportunities for the child to practice his/her ball skills. Try rolling balls, catching, tossing balls into a container. Be sure to start with a ball large enough that the child feels comfortable with and moving 	<p>Gross Motor Exercises</p> <ul style="list-style-type: none"> The Hokey Pokey This game isn't quite the Hokey Pokey, but it's close. Use that same hula hoop or a small object (in this case a small box) and place it on the floor. Have your child hop in and out of the hula hoop or over the box. Again, have them switch 	<p>Fine Motor Exercises</p> <ul style="list-style-type: none"> Play Dough: Let the child play with cookie cutters with clay. Also encourage the child to pound on the clay with hand to flatten it. Zip Lock Bags: Store small play objects in zip lock bags. The child must decide on a hand to hold the bag and which hand 	<p>Handwriting Exercises</p> <ul style="list-style-type: none"> Hole Punch Using a hole punch on various thickness of paper. Hold the pencil in the fingertips, ready for writing, then "walk" the fingers to the eraser end of the pencil, then back to the tip



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		<p>smaller as his/her skills progress. You may also try these activities with beanbags. In using large balls, children learn to use their hands symmetrically, working together. Smaller balls will elicit more of one hand emerging as the dominant one. Positioning the container higher up in relation to the child helps to encourage extension of</p>	<p>from their right and left sides to strengthen both sides of the body.</p>	<p>to use to put the items away with.</p>	
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		<p>the wrist with pronation (palm down position) of the hand.</p> <ul style="list-style-type: none">• Lacing cards: hand sewing encourages the use of a dominant hand. Lacing cards can be made of thin cardboard with a hole punch. Use long shoelaces, or yarn with the end stiffened with tape or blunt tapestry needles and yarn. Burlap can also be stitched without punching			
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		holes.			
Week 4	<p>Gross Motor Exercises</p> <ul style="list-style-type: none"> Hop on One Foot Have your child hop on one foot for at least five seconds and then instruct them to switch legs. Your child's first instinct may be to do this exercise quickly, but have them slow down and control each hop. 	<p>Fine Motor Exercises</p> <ul style="list-style-type: none"> Bowling: Set up some objects to knock over at home with a ball in a safe place. Tracing over templates is a good activity. One hand traces and the other must stabilize the template. 	<p>Gross Motor Exercises</p> <ul style="list-style-type: none"> "Lily pads" is just another fancy term for frog leaps. The good thing about this activity is you can do it inside or outside if you have enough room in your house or apartment. Have them start at one end of the room and jump across the floor starting in a squat position and then jump as high as they can. 	<p>Fine Motor Exercises</p> <ul style="list-style-type: none"> Stickers in a sticker book: Taking stickers off of the sheet can be very challenging for some children. Start with larger stickers, moving to smaller ones as the child develops his skill in removing stickers. 	<p>Handwriting Exercises</p> <ul style="list-style-type: none"> Cookie Press Squeezing soft playdough, cookie dough or flubber through a cookie press is great for hand strengthening. Be sure to adjust the consistency of the dough so it is soft enough that the child is successful but somewhat challenged. Turn the pencil between the thumb and fingertips: try turning it



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