

Occupational Therapy 2019

Programme	Instruction
Core Strength Cards	These develop the core muscles- encourage the child to get into position and then hold them- work up to 30 seconds!
Food Art (cutlery skills)	This develops a child's cutlery, coordination, midline crossing and fine motor skills. Encourage the children to cut, peel, pick and place various food items on the mats provided! If this is easy- try and time the child and get them to beat their speed!
Dexterity Corn	This encourages fine motor skills and a good pincer grasp. Place the cereal pieces in a small pot and encourage the child to pick pieces out using their thumb and index finger- placing each piece on the corresponding circle. If the child is likely to get distracted by using cereal use pieces of rolled paper, counters, or small pom-poms.
Easy cooking and sequencing	Try these very simple recipes and develop children's sequencing and planning skills! The recipes also support coordination and fine motor development.
Dough Monsters	This gives a structure to playdoh play- encourage fine motor coordination, hand strengthening and manipulation skills by using the dough to manipulate onto the monsters.
Dough Mats	These look like dinner placemats- make food items out of playdoh!
Hand washing sequencing (cut and paste)	We are pushing independent self care skills! Encourage the children that are able to cut and sequencing the various stages of handwashing. These will also be placed throughout the school toilets, along with bottom wiping and general toilet routines.
Pom-Pom Matching	This is a simple hand strength activity- as well as sorting and counting game. Use pegs rather than tweezers for continuing hand strength,
Q-Tip painting	This develops fine motor skills, coordination, hand strength and grasps! Using a variety of paint to dot onto the templates- then take a picture for the child's record, wipe and buff clean ready for next time!
Sensory Tactile recipes	For children that haven't got the attention to fine motor skill activities try these various recipes (2 of which are safe for mouths). Hide items inside and pick them out- or sieve them if a child is tactile defensive!
Pom-Pom Shapes	The next step up from pom-pom matching. This requires more precision and hand strength- make the shapes out of pom-poms and tweezers