Elementary Occupational Therapy Activities

Here are some creative ideas to keep yourself busy when school is out! Feel free to send some pictures of your finished work to Miss Ashley atarentino@reverek12.org.

- **Play Dough:**
  - Roll play dough into a log, a ball, or a cube
  - Make letters out of play dough
  - Hide small beads or coins in the play dough and practice finding them
  - Look up homemade playdough and slime recipes

- **Alphabet, Printing:**
  - Practice writing legibly (good sizing, good spacing and appropriate formation)
  - If you are feeling ambitious google how to write cursive!
  - Use various tools (crayons, chalk, pens etc.)
  - Practice drawing or copying shapes
  - Complete some word searches or connect the dot activities

- **Scissors (With Adult Supervision)**
  - Practice safely positioning scissors in your hands
  - Practice cutting along straight lines and curvy lines
  - Practice cutting out simple shapes
  - Look up simple paper crafts to complete on your own

- **Self-Help**
  - Practice buttons, zippers, snaps and shoe tying
  - Practice opening containers, snacks, and juice bottles
  - Practice putting on/taking off your jacket, sweatshirts, and backpack
  - Practice helping out around the house: clean up your toys, help out with cooking, sweep
  - Practice brushing your hair & teeth
  - Practice cooking *(with an adult)*
  - Look up simple art projects to complete with an adult!

- **Exercise**
  - Do some Yoga
  - Try some Animal Walks
  - Play catch or tag with a friend

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