

Occupational Therapy Activities

The NHS Greater Glasgow and Clyde website has some fantastic ideas for parents to try at home with their children. Click on this link:

<https://www.nhsggc.org.uk/kids/resources/>

Activities are organised into the following categories:

- Activities of Daily Living
- Self-care
- Play and Leisure
- Education
- Fine Motor
- Gross Motor
- Sensory

Finger Football

The child begins by making a set of goal posts, using a sheet of A4 paper. The paper is rolled into a tube and then folded into thirds before being taped to the end of a table. The child then rolls up a small piece of paper to form a ball. They can then play finger football. When flicking the paper ball the child can use their index finger and thumb, or their middle finger & thumb. The footballs can be made smaller as fine motor skills improve. The game can be adapted for more players. Try securing goal posts to two opposite ends of a desk.



ACTIVITY IDEAS

- Make sure you always name body parts when washing or dressing your child to reinforce them. Also sing songs that encourage naming body parts (e.g. 'Head, Shoulder, Knees and Toes').
- Try getting your child to draw a face on a paper plate to make a mask or cut out different facial features from a magazine and stick them on a paper plate to create a face.
- Draw somebody together; you draw a circle on a piece of paper and get your child to add the facial features and then limbs.
- On the back of a large piece of wallpaper ask your child to lie on the paper and draw round them. You can then get your child to add features and clothes to the outline and name body parts.



Catching

- **Throw and Catch** - Ask your child to throw a bean bag up in the air (to eye level) and then catch it with both hands. Repeat this 10 times. If this is really easy they should try throwing higher and then throwing and catching with one hand.
- **Bounce and Catch** - Ask your child to bounce one a large ball off the floor and catch it with two hands. Repeat this 10 times. If they find this easy reduce the size of the ball until your child can catch a tennis ball. Try bouncing and catching with one hand.
- **Kneeling Catch** - Ask your child to high kneel on the floor make sure their bottoms are not on their heels. Kneel down in front of your child and throw them a ball. Encourage them to reach out to catch the ball. Repeat this 10 times.
- **Catch** - Practice with a large soft ball and throw underarm back and forth, add a bounce, try it against a wall. Try clapping and catching. Practice catching with one hand then the other.

