**Activity Ideas for Home: Provided by EBS Occupational Therapy**

\*These links are general ideas for activities to complete at home and are not intended to replace or represent direct therapy services\*

**General Hand Exercises**

<https://www.ot-mom-learning-activities.com/hand-exercises-for-kids.html#GeneralHandExercises>

**Cut and paste activities**

<https://www.yourtherapysource.com/files/Cut_and_Paste_Puzzles.pdf>

<https://d3eizkexujvlb4.cloudfront.net/2017/05/30200315/Color-Cut-Glue-Scissor-Practice-for-Spring-Time-from-Your-Therapy-Source1.pdf>

**Play Dough Exercises**

<https://www.ot-mom-learning-activities.com/hand-exercises-for-kids.html#PlaydoughHandExercises>

**Tactile Activities**

<https://www.ot-mom-learning-activities.com/tactile-perception-activities.html#HouseholdObjectTactileGame>

**Find the hidden objects in the pictures**

<http://eyecanlearn.com/perception/figure-ground/>

**Try to remember the pictures in order after they disappear**

<http://eyecanlearn.com/perception/sequential-memory/>

**Say the direction of the arrow: up, down, left, right.**

<http://eyecanlearn.com/perception/spatial/arrows/>

**Fine motor activity ideas for at home video**

<https://www.youtube.com/watch?v=Tzqif7Cq5UI>

**Movement Activities**

Videos Retrieved from: <https://family.gonoodle.com/>

**Stretching, focusing, calming**

<https://family.gonoodle.com/channels/empower-tools>

**Mindfulness Activities**

<https://family.gonoodle.com/channels/flow>

**How-to Activities**

<https://family.gonoodle.com/channels/how-to>

**Guided Dances**

<https://family.gonoodle.com/channels/ntv-noodle-television>

**Household chores for extra movement**

* Set the table
* Push in chairs after meal times
* Help carry laundry from one room to another or help load/unload laundry from washer/dryer
* Help carry groceries into the house or put away groceries
* Help with sweeping the floor/pushing a sweeper/vacuum
* Dusting
* Wipe down table after meal

**Breathing**

**Calm App Breathing Bubble**

<https://www.youtube.com/watch?v=5DqTuWve9t8>

**Daily Schedule Idea**