

### Occupational Therapy Ideas

- Lacing cards (if you don't have these you can take a picture out of a magazine or coloring book, glue it to a piece of cardboard or cardstock, punch holes around the outside, then you take an old shoe lace or piece of ribbon and pull it through the holes)
- Threading beads (if you don't have these, you can use macaroni noodles and string)
- Dress me puzzle (these are puzzles with zippers, buckles, buttons, etc that help with the fine motor skills needed to dress yourself)
- Puzzles
- Pegs
- Tower blocks
- Mega blocks
- Foam blocks
- Perfection (board game)
- Tracing activities (draw a line on a piece of paper—straight, zig zag, curvy for them to trace with a marker or glue or glitter glue)
- Cutting activities (same idea as above, but cut the line)
- Coloring
- Q-tip painting
- Erasing with q-tips (requires a dry erase board)
- Chalk bits and sponge erasers
- Wipe clean dry erase boards
- Stamps
- Dot-to-dot marker activities
- Build a letter (cut strips of paper—long strips, short strips, long curved strips, and short curved strips to build letters)
- Operation (board game)
- Pom-pom sort with tongs (could also use cotton balls and tweezers or clothespins)
- Playdoh/slime/fluff/etc. (any recipe will work—use cookie cutters or rolling pins, pizza cutters, etc. Can also put coins or beads or buttons in to pull out and work on pincher grasp)
- Sensory bins (you can use rice, beans, sand, water beads, easter basket grass, and little toys or magnets—so many possibilities)
- Coin count/piggy bank (cut a slot in a coffee can lid and put coins or beans into the can)
- Sensory bag seek and find (put rice in a ziploc bag or empty water bottle, put in little toys or magnetic letters, tape it closed, shake it up to hide the toys, then see how many you can find)
- Putty
- Finger painting (can use paint or even pudding)
- Shaving cream painting
- Squishy bags (paint or pudding or flour and corn syrup mixed with food coloring into a ziploc bag, tape closed, use a q-tip or finger to draw letters, numbers, or shapes)
- Sand/salt trays for tracing (fill a cookie pan with sand or salt or flour, spell words with your finger)
- Roll-a-dough letters and numbers (roll playdoh into the shapes of letters or numbers)
- Sensory brushing (tool from our therapist)
- Sensory sock (tool from our therapist)
- Shape/color sorter (get a muffin tin and put colored paper in the bottom and find objects the same color to put in the cups)
- Weaver loom (toy used to make pot holders)
- Scooping activities (use measuring cups to scoop dried beans or sand and pour into funnels or paper towel tubes)
- Water table (put on bathing suits and play in the bathtub with cups and measuring spoons or wash toy animals with an old toothbrush and soapy water)
- Keyboard (isolating fingers)
- Turn pages of a book
- Side walk chalk
- Dress a baby doll
- Beading pipe cleaners
- Clothespin/clips for grip
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### Physical Therapy Ideas

- Stairs (alternate feet)
- Balance ball work
- Peanut work (a different type of balance ball)
- Balance pad work (you could use pillows and step from pillow to pillow without touching the floor)
- Barre exercises (use the back of a chair to do ballet positions, squats, etc.)
- Trampoline
- Balance bike
- Plasma car (a ride on toy that uses trunk twists to create forward motion)
- Scoot boards (kinda like a skate board, but travels in all directions—can sit on it and pull yourself around with your hands or pull a rope to move forward or lay on your stomach and push yourself around)
- Treadmill (forwards, backwards, side-step)
- Swing
- Slide
- Hang from monkey bars
- Climb (ladder, “rock wall”)
- Running games (Mother may I? Red light/green light)
- Kick ball
- Catch (balls, scarves)
- Bowling (can use water bottles and a ball)
- Pool noodle sword fights
- Walk the line (put tape on the floor—straight, zig zag, or curvy and try to walk heel-to-toe or try to keep one foot on each side of the tape, could even push a toy car along the path)
- Balance beam
- Hopscotch
- Hop on colors/letters/numbers (write letters or numbers or use construction paper to hop through the numbers one through ten or spell a word or call out a color to jump to next)
- Step in the hoops (use hula hoops on the floor to create a step obstacle)
- Forward rolls
- Dance
- Run through the cones (set up cones or water bottles—move creatively from cone to cone, touching each one as you pass—can run, walk backwards, side-step, crab walk, move like an animal, etc.)
- Squats (use a chair if needed)
- Mommy and me yoga
- Pop bubbles with toes
- Massage
- Step over an obstacle
- Tunnel (make a tunnel with furniture and blankets to crawl through on hands and knees.)
- Bean bag toss
- Punch/kick bag
- Tether ball
- Log rolls
- Partner sit ups
- Crab walk
- Bridge
- Song and Movement Games

**Math Center ideas**

- Peg counter
- Counting bears (sort, count, patterns, more/less)
- Threading frogs (sorting, counting, patterns, more/less, bigger/smaller, biggest/smallest)
- Pattern blocks (patterns, tangrams)
- Unifix cubes (sorting, counting, patterns, adding, subtracting, more/less, bigger/smaller, taller/shorter)
- Shape/color sorter
- Shape flash cards
- Number flash cards
- Puzzles
- Dominos
- Board games/dice games
- Hop on numbers
- Links (longer/shorter, patterns, sorting, counting, more/less)
- I spy numbers
- Blocks
- Which items/shapes will roll down a ramp
- Roll-a dough numbers
- Beading pipe cleaners (sorting, counting, patterns)
- Counting books
- Phone numbers
- Measuring with water

**Reading Extension Ideas**

- Phonics letter songs
- Letter flashcards
- Letter puzzles
- Phonics games/ipad practice
- Spelling games/ipad practice
- I spy letter sounds
- Keyboarding
- Questions/acc practice
- Tell me the story/aac practice

Sensory bin fillers and ideas that are taste-safe

**SIMPLE 2 INGREDIENT  
PRETEND SNOW**  
thepurposefulnest.com



**Alphabet  
Sensory  
Table**



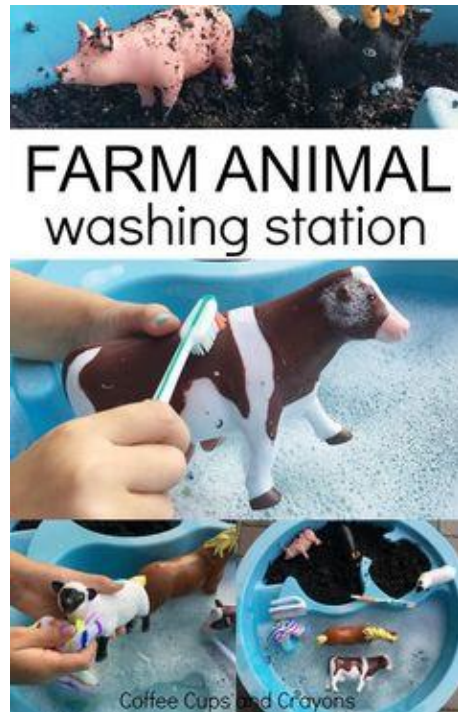
PLAY TO LEARN PRESCHOOL



**— BABY —  
MUSIC BIN**  
*a simple activity  
for baby to play*









Wiggly Worm  
sensory play



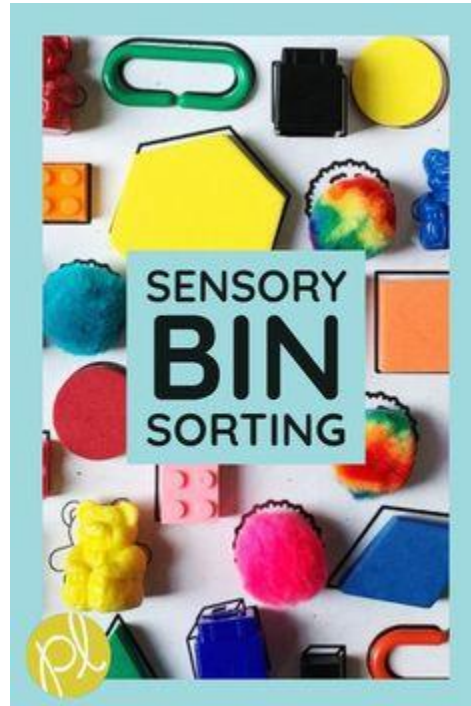
How to Dye Beans:  
**Learning Colors**  
Sensory Bin Ideas



survivingateacherssalary.com



Outer  
Sensory Bin  
Space



SENSORY  
**BIN**  
SORTING





# Tot School **WEATHER** **SENSORY BIN**



# Digging for Shapes

A SENSORY MATCHING ACTIVITY



Itty Bitty Sunshine

# Beach Sensory Bin



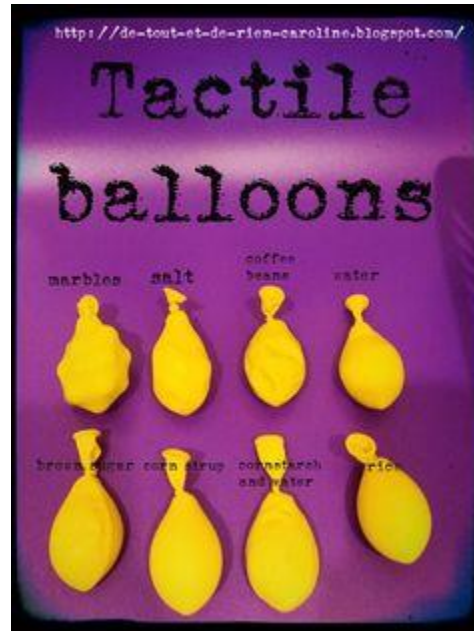
A Spectacled Owl  
[www.aspectacledowl.com](http://www.aspectacledowl.com)



## Mitten Snowball Counting activity



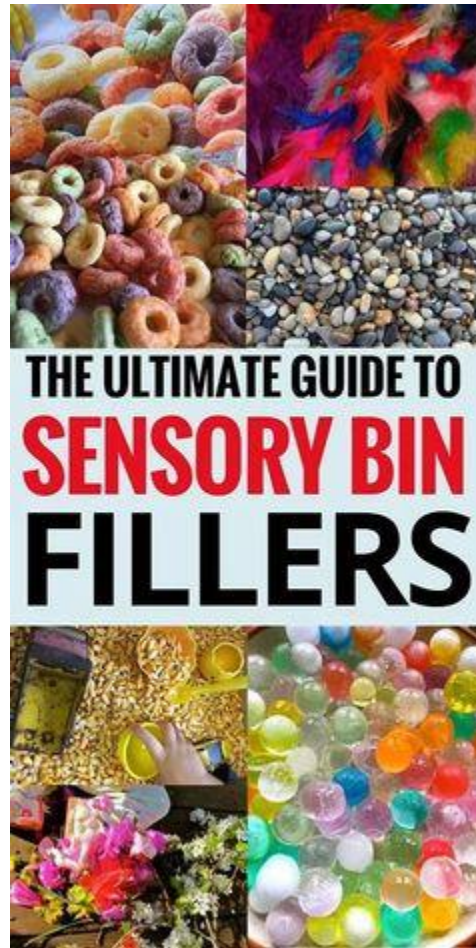
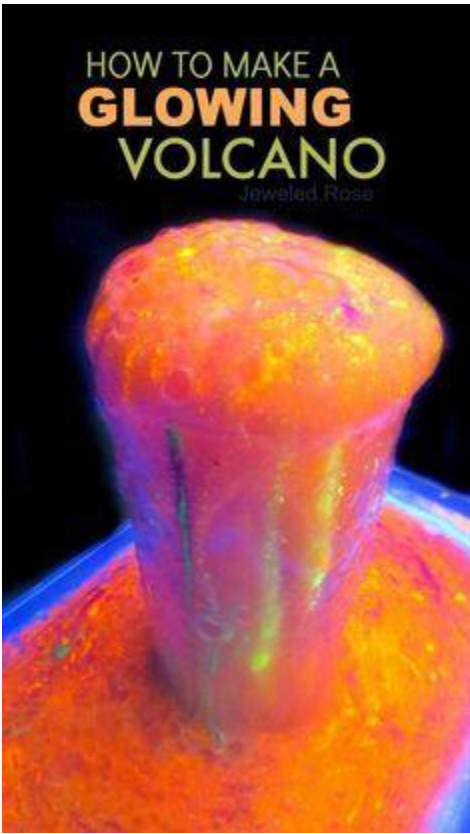
## Snowballs fine motor & COUNTING ACTIVITIES



## OIL & WATER SENSORY BAG









**Kid Safe**  
*baking soda*  
**slime**



**10 Toddler-Approved Sensory Edible Recipes**  
TheNaturalHomeschool.com

	
<b>Edible Slime</b>	<b>Edible Playdough</b>
	
<b>Edible Paint</b>	<b>Edible Sand</b>



Apple Themed  
**Fine Motor Activity**



**PRE-WRITING SQUISHY BAG**



Free Printable Flip Book