

Handout for the Therapro webinar  
**Creative & Fun Activity Ideas for the School Based Occupational Therapist**  
presented by Sarah Glovasky, OT, M.S., OTR - February 23, 2021



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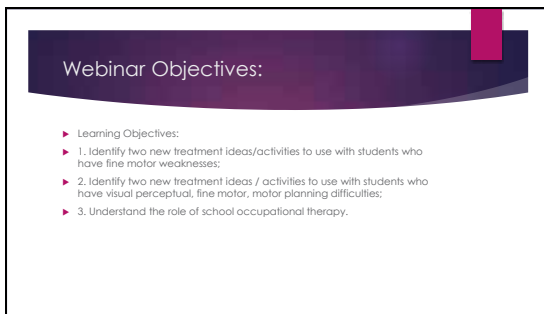
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- ▶ Learning Objectives:
- ▶ 1. Identify two new treatment ideas/activities to use with students who have fine motor weaknesses;
- ▶ 2. Identify two new treatment ideas / activities to use with students who have visual perceptual, fine motor, motor planning difficulties;
- ▶ 3. Understand the role of school occupational therapy.

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### Biography

- ▶ Mother of three, wife for 10 years and occupational therapist for almost 15 years
- ▶ Live in southeastern Massachusetts
- ▶ Worcester State College, Worcester, Ma
- ▶ School based and rehab experience
- ▶ Sat on both sides of the table at IEP meetings



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### Who are school based occupational therapist?

- ▶ School-based occupational therapy practitioners support academic achievement and social participation by promoting occupation within all school routines, including recess, classroom, and cafeteria time.
- ▶ They help children fulfill their role as students and prepare them for college, career, and community integration. They utilize prevention, promotion, and intervention strategies for mental and physical health and well-being.
- ▶ School-based occupational therapy practitioners are occupational therapists (OTs) and occupational therapy assistants (OTAs) who use meaningful activities (occupations) to help children and youth participate in what they need and/or want to do in order to promote physical and mental health and well-being.
- ▶ Occupational therapy addresses the physical, cognitive, psychosocial and sensory components of performance.
- ▶ In schools, occupational therapy practitioners focus on academics, play and leisure, social participation, self-care skills (ADL or Activities of Daily Living), and transition/ work skills. Occupational therapy expertise includes activity and environmental analysis and modification with a goal of reducing the barriers to participation.
- ▶ [https://www.aota.org/Practice/Children\\_Youth/School-based.aspx](https://www.aota.org/Practice/Children_Youth/School-based.aspx)

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### What services can OT's provide

- ▶ General Education learners-RTI
- ▶ Students on an IEP
- ▶ Trainings for personnel and or families
- ▶ Collaborative teams



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### Occupational Therapist vs Occupational Therapy Assistant

- ▶ **Occupational therapists** are autonomous practitioners and are responsible for all aspects of occupational therapy service delivery including the safety and effectiveness of the service.
- ▶ **Occupational therapy assistants** must receive supervision from an occupational therapist to deliver occupational therapy services. Occupational therapy assistants deliver services under the supervision of, and in partnership with, occupational therapists.

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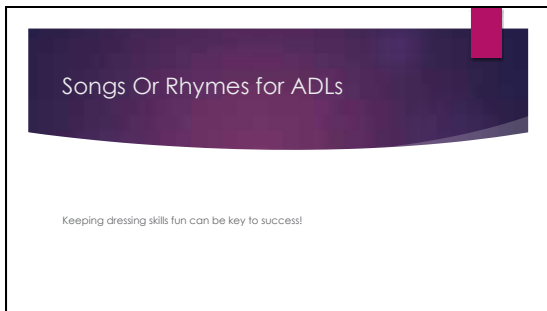
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Shoe tying songs (both to row your boot)

- ▶ Cross the laces, make an X  
Then you switch your hands  
Pull them both to the sides  
And then we start again  
Over, under, take one lace  
Below the X down low  
Grab the laces, pull them out  
Now we're set to go
- ▶ Make a baby bunny ear  
Pinch it way down low  
Take the other lace around  
This is what I know  
Poke the lace under this ring  
Grab it from the side  
Pinch and pull both the loops  
And now I know to tie.

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Brushing Teeth

Getting ready to brush

Get My Teeth Ready  
Get my toothpaste out of my bottle,  
I won't hurry, I won't rush,  
I'm going to brush my teeth, one clean  
front and back and in between,  
When I finish, let's smile and cheer,  
I will have a happy smile!




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ADL Activities

Cards and activities to work on skills

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**Button Bows and more!**

Find out pamphlets for visual learner  
Allows for consistent language at every attempt!



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**ACTIVITIES OF DAILY LIVING: A MANUAL OF GROUP ACTIVITIES AND WRITTEN EXERCISES**

- ▶ Provides pre made group activities for a variety of ADL skills
- ▶ Easy to use in groups
- ▶ Personal Hygiene, Laundry Skills, Money Management, Leisure Skills, and Nutrition



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**Dressing boards/vests**

These can be found all over the place  
Handmade vests with varying size buttons/zippers/snaps allow for built in grading of the same task.



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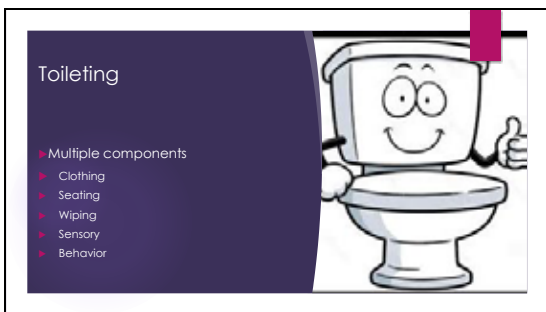
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**Clothing Modifications**

- Velcro fly
- Tear away pants
- Loops attached to the waist band
- Side open pants
- Target has a modified clothing line



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**Seating**

- Reducer ring (prevents the falling in feeling)
- Sit backward (different motor plan/eliminates backward motion or turning)
- Modified toilet with torso supports
- Foot stool
- Hand rails
- Target practice
- Small potty



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**Wiping**

- Wet wipes
- Reaching tool (for decreased ROM, balance)
- Target practice stickers on pants



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**Sensory Issues**

Sensory issues can be as real and may include things people do not think about. Ideas in this presentation are school appropriate and may not address all sensory issues associated with the bathroom.



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**Potty Songs**

Make potty time fun for those who respond to song and sound.  
Cocomelon has a lot of potty songs.  
Youtube can be your friend.  
Mispotty.com



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**"I Use the Potty!"  
(To the tune of "Frère Jacques")**

I use the potty  
I use the potty  
Yes I do  
Yes I do  
I'm a really big kid  
I'm a really big kid  
Going pee & poo  
Going pee & poo

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**I Go Potty**  
(To the tune of "Twinkle, Twinkle, Little Star")

I go pee and I go poop  
In the potty, yes I do  
I can do it by myself  
No thank you, I don't need your help  
I go pee and I go poop  
In the potty, YES I DO!!!

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**Potty Seats and Toileting accessories**

- Use fun seating when available
- Use toilet seat flappers to allow for smaller opening and less "fall through" feeling
- Use wet wipes with or without wipe warmers to eliminate the chilly shock and/or rough feeling
- Use a padded seat



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**Standing Options**

- Tape on the floor as a mark to stand at
- Toilet target-use cheerios or fruit loops to hit the hole. Use gold fish as an alternative. (fish do live in the water after all for our more literal children)
- Hoods for the back of the toilet for "bad aimers"



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**Potty Behavior**

- Timers
- Sticker charts
- Songs
- Work with other professionals for consistency (ABA/SICMA)

- **Stickers On My Sticker Chart**
- **To the Tune of B-I-N-G-O**
- **Goal 1 stickers on my sticker chart**  
Directions: Read to get ready B-I-N-G-O  
B-I-N-G-O  
1 sticker for going potty
- **Goal 2 stickers on my sticker chart**  
Directions: Read to get ready B-I-N-G-O  
B-I-N-G-O  
2 stickers for going potty
- **Goal 3 stickers on my sticker chart**  
Directions: Read to get ready B-I-N-G-O  
B-I-N-G-O  
3 stickers for going potty
- **Goal 4 stickers on my sticker chart**  
Directions: Read to get ready B-I-N-G-O  
B-I-N-G-O  
4 stickers for going potty
- **Goal 5 stickers on my sticker chart**  
Directions: Read to get ready B-I-N-G-O  
B-I-N-G-O  
5 stickers for going potty

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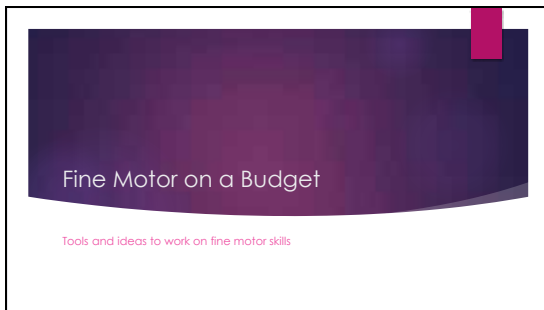
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**Fine Motor on a Budget**

Tools and ideas to work on fine motor skills

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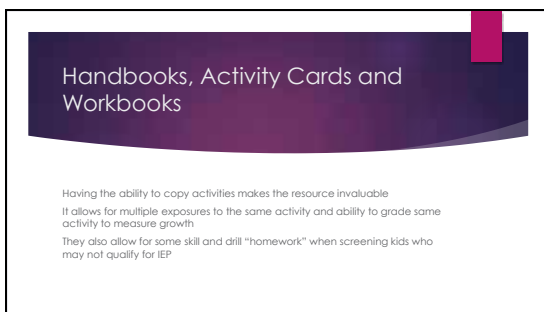
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**Handbooks, Activity Cards and Workbooks**

Having the ability to copy activities makes the resource invaluable  
It allows for multiple exposures to the same activity and ability to grade same activity to measure growth  
They also allow for some skill and drill "homework" when screening kids who may not qualify for IEP

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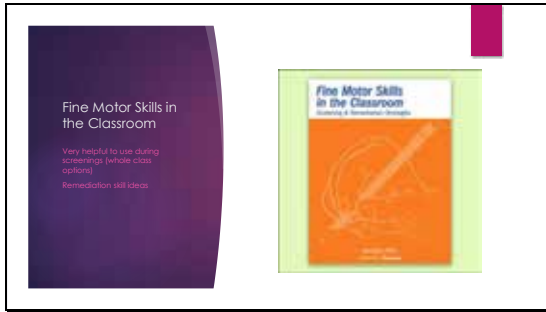
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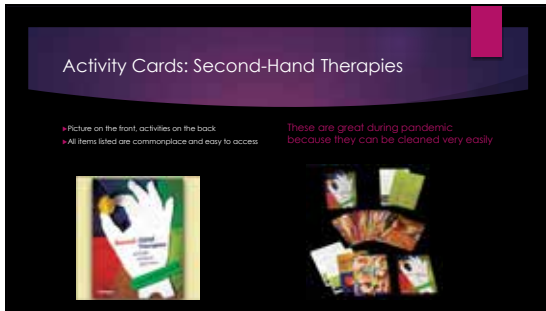
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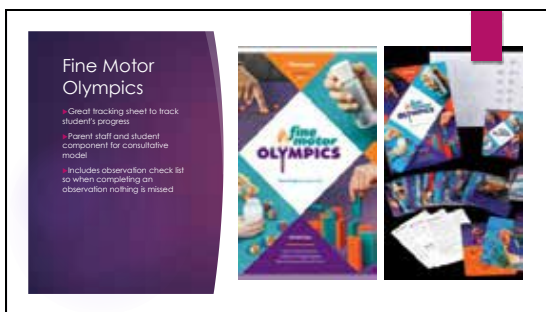
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**Finger Mania**

Fun game!  
Easy to transport from room to room or school to school!  
All pieces are included and target several aspects of fine motor  
Appeals to competitive children who just "need to win!"



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**Low Budget Fine Motor Must Haves**

- Clothes pins
- Pony beads
- Tongs
- Pipe cleaners
- Pom poms
- Playdoh

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**Clothes Pins**

- Open and close around objects like tongs
- Line them up around a container/plate/almost anything
- Matching letters, numbers, symbols ect
- Use as a pencil grip
- Grade able by size and effort it takes to open them



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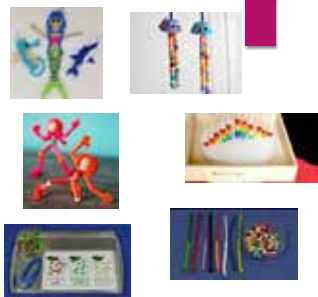
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**Pony Beads**

- Patterns
- Stringing
- Complex string patterns to make keychains
- Make your own fidgets
- Use with tongs/tweezers
- Matching



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**Tongs**

- Easily gradable
- Different size
- Different pressure
- Easily found at home for practice



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**Pipe Cleaner**

- Make 3D shapes
- Gripers on pencils
- Beading
- Letter and number formation
- Poke through strengthening



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**Folding Activities**

- Origami
- Fans
- cards



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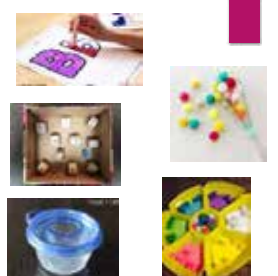
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**Pom poms**

- Painting
- Wick put in and take out (fingers or tongs) letter and number mats
- Sorting (pincer or tongs)
- Push through (use interchangeable forks to grade the task)



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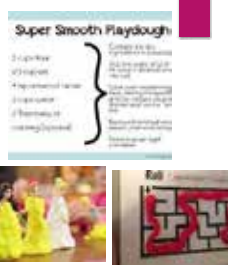
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**Play Doh**

- Make Play Doh
- Dresses for princesses/clothes for action figures
- Use to navigate mazes (nice for the kids who have difficulty with making mistakes)

**Super Smooth Playdough**

- 3 cups flour
- 2 tsp salt
- 1/2 cup water
- 2 tsp oil
- 1/2 tsp cream of tartar



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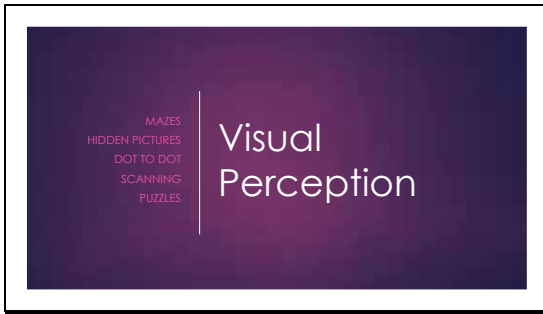
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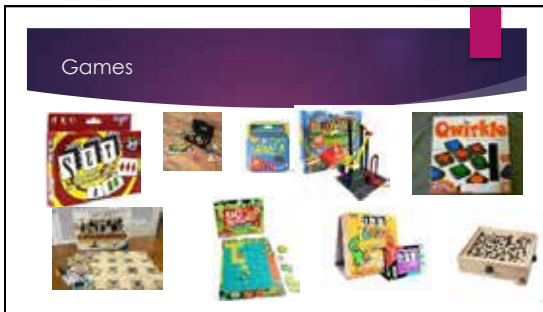
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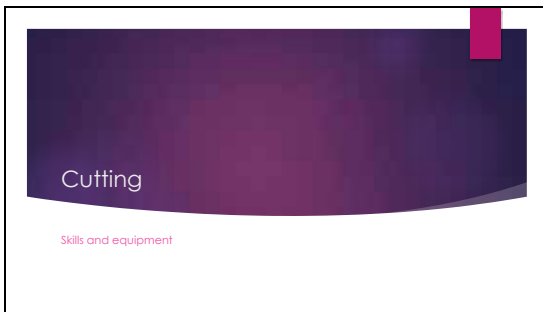
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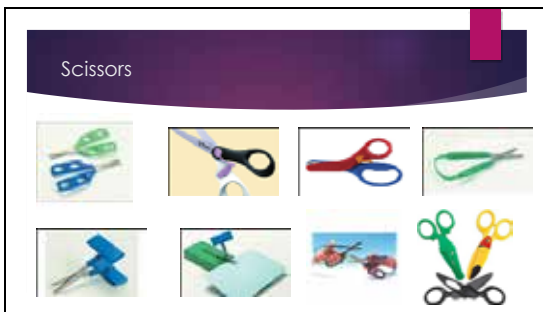
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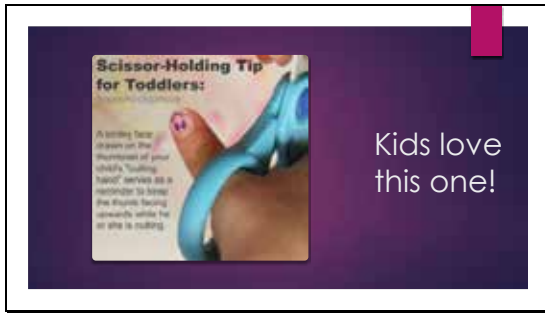
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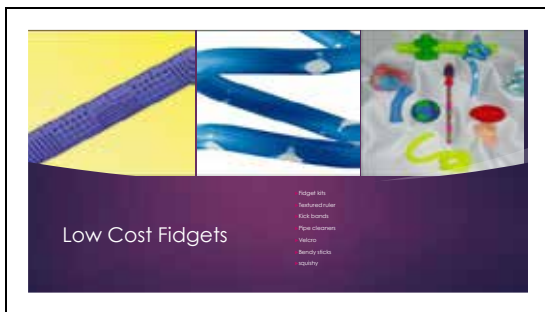
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Fun Activities for Sessions or at Home

Many of these I used for virtual therapy "homework"  
Most are geared towards younger students but can be graded for higher grades as well

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Non toxic paint



- ▶ Perfect for young ones (or families with siblings for family activities)
- ▶ PICA or oral motor fixation

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Alphabet Bug Spray

SPRAY BOTTLE activities!!

Alphabet bugs, Put out the fire, Use colors, letters numbers, words, So easily adapted to many ages and can use different spray bottles to grade

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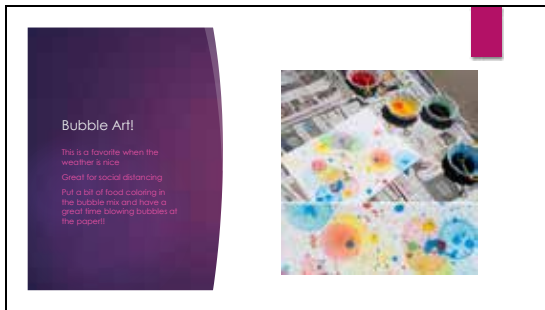
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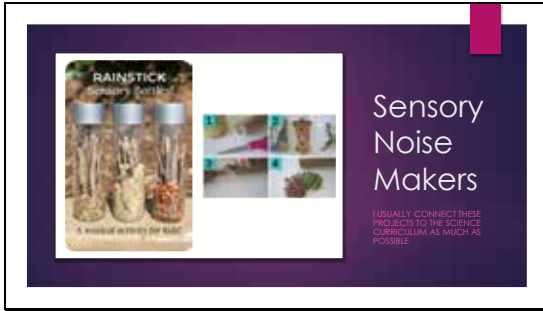
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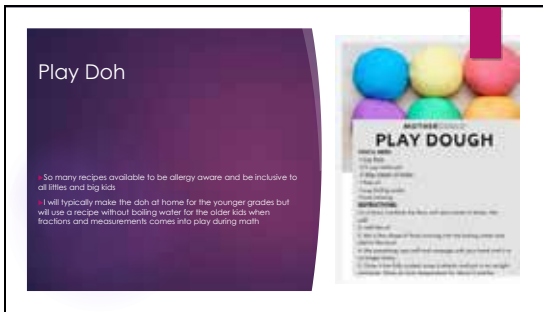
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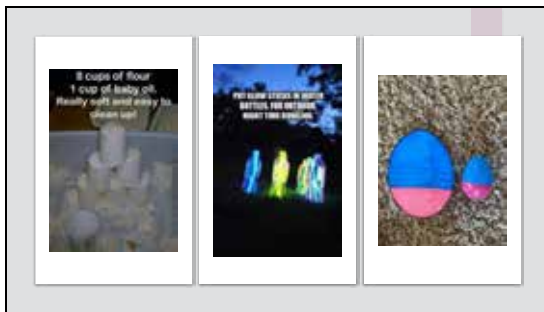
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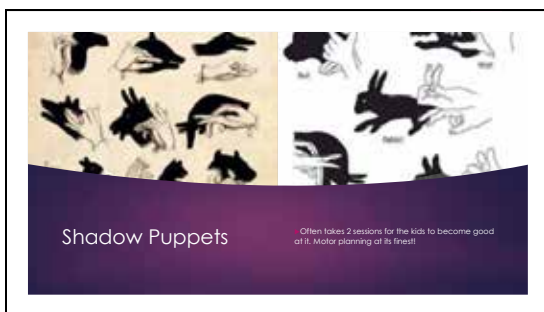
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Easily adaptable  
for children who  
can not manage  
with a popsicle  
stick

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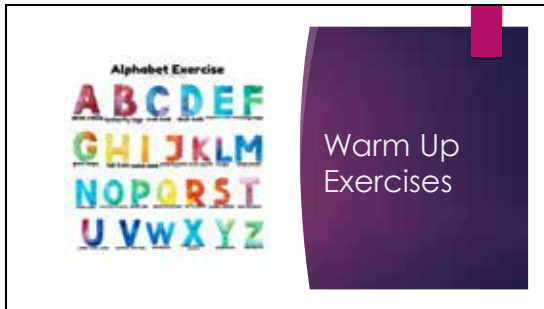
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Warm Up  
Exercises

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Show and Tell

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