

CREATIVE & FUN ACTIVITY IDEAS FOR THE
SCHOOL BASED OCCUPATIONAL THERAPIST PART 2

presented by Sarah Glovasky, M.S., OTR/L

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 difficulties.
3. Understand the role of school occupational therapy.

LIFE SKILLS HELP

Handout for the Therapro webinar **Creative & Fun Activity Ideas for the School Based Occupational Therapist Part 2** presented by Sarah Glovasky, M.S., OTR/L - March 15, 2022

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

SAMPLE PAGE

LEARNING SKILLS
"Pie of Time"

Objectives: To define hours, minutes and seconds in this non-traditional weekly/hourly schedule.

Resources: Clockface printout, **Activities of Daily Living**

Directions: 1. Review directions.
2. Read and copy.
3. Have each child print out the "Pie of Time" for the lesson.

Activities: 1. The teacher has groups define Activities of Daily Living, then write various activities on the board.
2. The teacher asks the students to write down the activities on the "Pie of Time" and then to write down the activities on the board.
3. The teacher asks the students to write down the activities on the board.
4. The teacher asks the students to write down the activities on the board.

I CAN WORK!

A Work Skills Curriculum

Created by Angela Mahoney, M.Ed., this popular curriculum is a 5 Module Program designed to integrate communication skills along with hands-on pre-vocational training in the areas of Job Readiness, Clerical, Retail, Food Service and Grocery. It is designed to introduce and educate middle school, high school and young adults with special needs who are interested in working in the community. To address the diverse range of student needs and learning styles each module includes a text-only version and a picture-supported version for each lesson and visual supports throughout the entire program. Additionally, each activity plan has a visual support for acceptable vs. unacceptable work, a visual supported word wall, and a bank of modifications and suggestions.

This program can be implemented in a variety of settings such as a classroom, a special area class as well as in a small therapy setting. The suggested frequency for this program is two 45-minute sessions per week although this program can meet the need of any time frame allowed.

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I CAN WORK!

The program is presented in 2 formats:

1. The Complete I Can Work! Curriculum includes a printed, bound copy of over 300 pages with an introduction to the program, all the lessons, reference pages on step-by-step materials needed and set up of vocational spaces for each module and more to conduct a successful vocational program. And... the CD as a PDF of the book is also included.
- OR
2. Just the CD of the entire curriculum, with a 16-page introductory manual and five 2-sided quick reference cards (one for each module) all neatly packaged in a colorful CD/DVD case.



Job Readiness Words

2: Who Am I?

3: Folding Shirts

4: Folding and Bagging Triangle Napkins

Job Quality Checklist

Manual page

SELF-CARE WITH FLAIR!

Consists of 48 stunning picture cards crammed with activities to work on all aspects of hand function using tools made from recyclable materials and everyday household items. Teachers, aides, parents, daycare providers, pediatric occupational therapists, and hand therapists will love these ideas on how to produce low cost sensory education tools and activities. Each card includes preparation instructions, difficulty level, hand functions used, and the required materials. Simple icons help you quickly understand which hand functions are used. In addition an icon system denotes how difficult each activity is to perform and to prepare.



Self-Care with Flair!

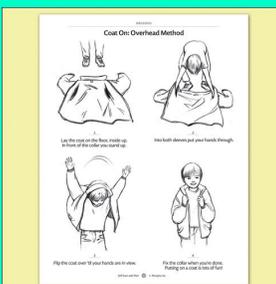
Therapro

A practical guide to teaching self-care skills to children through pictures and rhymes. The skills in Self-Care with Flair! are arranged in manageable steps – a uniform, step-by-step approach designed to help the child achieve incremental successes. All skills are presented in a rhyming format to help maintain the child's attention and retention and make it fun. All self-care skills are accompanied by a list of prerequisite hand skills. Also included are useful "tips" to make the learning experience more successful.

Section 1 is divided into four categories of self-care skills:

- Dressing
- Grooming
- Toilet Training
- Eating

Section 2 describes the essential hand skills that are helpful for learning all the daily living skills: Finger Strengthening, Finger to Thumb Opposition, Forearm Strengthening, Lateral Pinch, Power Grasp, Thumb Strengthening and Wrist Extension. In each category, a set of activities is presented with illustrations and descriptions. Parents and teachers can provide skill-building opportunities by teaching a daily living skill, one step at a time, while concurrently practicing several of the prerequisite hand skills.



Cut Out Overhead Method

Put the cap on the foot, hold up. When the foot is up and up.

Use both hands and your hands through.

Put the cap on the foot, hold up. When the foot is up and up.

Put the cap on the foot, hold up. When the foot is up and up.



FUNCTIONALHAND

The functionalhand's unique and flexible design allows the individual to hold functional tools of many shapes and sizes in both the vertical and horizontal orientation. It is truly a universal cuff that is durable and supports a wide age range and types of disabilities. It was designed with FUN in mind but is also functional and flexible. There is no limit as to what can be positioned in the tool to support participation because the adjustable cord fits tightly around many items such as a stylus, marker, paintbrush, toothbrush, cup, kitchen utensil, gardening tool and so much more!



TOOTHBRUSH TURTLE TIMER (2 MIN)

Designed to eliminate the daily battle of wills: Getting children to brush their teeth for two minutes can be a struggle. Now - light up your smile, one quadrant at a time with the Two Minute Turtle Timer that is so much more than a timer! Press the turtle's back and one of its flippers will light up for 30 seconds.

The flippers correspond to the four corners of the mouth. After 30 seconds, a new flipper will light up and it's time to move your toothbrush to the next quadrant! Brush until the victory lap signals it's time to brush the tongue. A fun and easy way to encourage your good oral hygiene habits and eliminate the use of tablet or phone screens.



SENSORY

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MANIMO

Five manimo models are available, in several colors. They weigh between 2.2 lbs. and 5.5 lbs. and are for children ages three and up. Due to the weight of the animals, we recommend using them for 15-20-minute periods. If used longer, the body will grow accustomed to the sensation, which will reduce the beneficial effects over time.

Purple Dolphin: 2.2 lbs, 12" x 7" x 4"
 Silver Snake: 2.2 lbs, 10.5" x 3.5"
 Green Frog: 5.5 lbs, 12" x 6"
 Blue Lizard: 4.4 lbs, 12" x 7"
 Turquoise Turtle: 4.4 lbs, 20" x 14"
 Dog 2 Zibs or 4 lbs

Providing numerous benefits, manimo weighted animals help children develop their imagination and reach their full potential. And they are always happy to get a big hug!



Cuddly and adorable, manimo animals are there for children both in times of stress and when relaxing. Their weight soothes, comforts and helps the child better understand where their body is in space (spatial awareness). A manimo's heaviness causes the same sensation as deep touch pressure. Like a massage, this stimulation calms the nervous system, making it easier to concentrate. It also regulates behavior and emotions.

Portable and easy to clean, manimo animals can be placed on shoulders, hips, thighs or stomach. Their shape was designed for many uses and to meet various needs. Whether to pay attention in class, help focus on homework or ease the transition to bedtime, your child's manimo will accompany him or her throughout the day, in every activity. Together, they will celebrate daily victories.

MANIMO	dog	lizard	frog	snake	dolphin	turtle
manimo weight (lbs.)	2.2 lbs. (1.0 kg)	4.4 lbs. (2.0 kg)	5.5 lbs. (2.5 kg)	2.2 lbs. (1.0 kg)	4.4 lbs. (2.0 kg)	4.4 lbs. (2.0 kg)
maximum weight of user (lbs.)	44 lbs. (20 kg)	44 lbs. (20 kg)	55 lbs. (25 kg)	22 lbs. (10 kg)	44 lbs. (20 kg)	44 lbs. (20 kg)
body placement						
shoulder	X	X		X	X	X
thigh	X	X	X			X
back	X	X	X			X
legs	X	X	X		X	X



SENSATIONAL FUN

Help children face sensory challenges with these fun activities! Includes 35 beautifully illustrated cards with over 100 activities for parents and teachers who are looking for some great sensory games using common objects found in the home and school. The purpose of each activity is labeled as it relates to sensory integration, eg. tactile, auditory, crossing midline, heavy work/proprioception, etc. Includes 7 categories with 5 cards each; the categories are Play, Eat, Make, Move, Draw, Splash and Shape. Great for carryover of sensory integrative therapy by both the parent and teacher! A great tool to have handy for engaging children in fun sensory activities. Includes additional cards with How to Use the Activities and a Glossary of Terms.



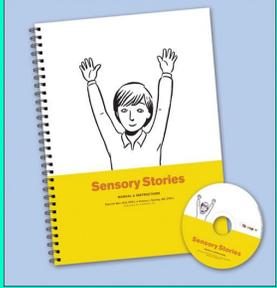
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SENSORY STORIES

Sensory Stories at HOME
 Bathing (10 pg story) • Combing Hair (8 pg story) • Ear Cleaning (9 pg story)
 • Eating at Home (9 pg story) • Getting Dressed in the Morning (9 pg story) •
 Nail Care (10 pg story) • Showering (13 pg story) • Sleeping (10 pg story) •
 Brushing Teeth (10 pg story) • Washing Hair (12 pg story)

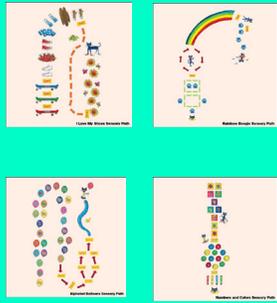
Sensory Stories at SCHOOL
 Assemblies (9 pg story) • Being in Lines (9 pg story) • Cafeteria (10 pg story)
 • Circle Time/Floor Time (10 pg story) • Desk Time (10 pg story) • Eating
 Time (10 pg story) • Moving in the School (9 pg story) • Outdoor Recess (9
 pg story) • Physical Education Class (10 pg story) • School Bus Ride (10 pg
 story)

Sensory Stories in the COMMUNITY
 Getting a Hair Cut (10 pg story) • Going to a Restaurant (12 pg story) •
 Going to a Store (11 pg story) • Going to Parties (11 pg story) • Going to the
 Dentist (10 pg story) • Going to the Doctor (11 pg story) • Riding an
 Elevator (9 pg story) • Riding in the Car (10 pg story) • Riding on an
 Escalator (10 pg story) • Going to Places of Worship (10 pg story)



SENSORY PATHS

Sensory Paths give students an outlet to channel some of their excess energy by directing them down a set route (or path). These paths give students the opportunity to spin, tiptoe, leap, crawl, hop, squat, stretch, or dance their way from one point to another. A Sensory Path can be short or it can stretch the length of a hallway, but either way the objectives should be the same – improve focus, prevent disruptive behaviors, develop motor skills, and encourage silliness! Whether a student needs to calm down or energize, refocus during a transition, or self-soothe after a stressful challenge, sensory paths are a fun and engaging way for children to take a “brain break” and work through some of their wiggles. The smooth, durable surface of each piece is easy to wipe down or spray with disinfectant to help prevent the spread of germs. The pieces attach firmly to smooth, untextured floors.



HANDY GUIDES

PERFECT TO USE AS A REFERENCE!

- Pencil Grips
- Chews
- Games
- Fidgets
- Writing accessory
- Evaluations
- AT
- Easy Hold

FINE MOTOR

SECOND HAND THERAPIES

Consists of 40 stunning picture cards crammed with activities to work on all aspects of hand function using tools made from recyclable materials and everyday household items. Teachers, aides, parents, daycare providers, pediatric occupational therapists, and hand therapists will love these ideas on how to produce low cost sensory education tools and activities. Each card includes preparation instructions, difficulty level, hand functions used, and the required materials. Simple icons help you quickly understand which hand functions are used. In addition an icon system denotes how difficult each activity is to perform and to prepare.



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COLORFORMS!

- Colorforms are the wonderful, re-stickable storytelling toy beloved for more than 60 years.

COLORFORMS STICK LIKE MAGIC! No cutting, no glue, no mess. Peel & stick pieces let you play over and over again, a new adventure every time!

Dress up Miss Weather in fun and colorful outfits for all seasons! Bigger pieces for little fingers make this set the perfect way to teach your preschooler about dressing for the weather.

The image shows a colorful box set for 'Miss Weather Dress Up Set' Colorforms. The box features a cartoon girl character and various weather-related items like a sun, clouds, and rain. Several pieces of the Colorforms are scattered around the box, including a yellow raincoat, a blue hat, and a red umbrella.

FINE MOTOR OLYMPICS

The Manual includes a Guide to Hand Function, and In-Service Training Program, a Quick Screening Form, and a Record Form - all the tools necessary to provide fine motor support and track student performance. The program is designed for an occupational therapist to provide inclusive and consultative services to teachers, volunteers, parents, and staff. When used in conjunction with the Fine Motor Olympics Activity Cards the team will be able to deliver a structured, proven program to address students' difficulties with fine motor skills.

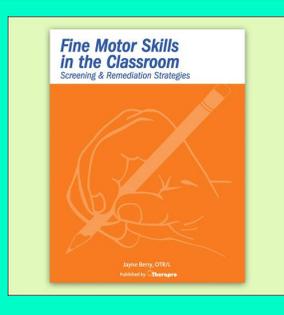
The Activity Cards are the only color photographs of children's hands performing tasks to clearly demonstrate hand function.

They provide a proven structured program to address students' difficulties with fine motor skills. Organized by the components of hand function, these fun and engaging activities facilitate daily motor skill "training." When used in conjunction with the Fine Motor Olympics Manual the occupational therapist may provide inclusive and consultative services-training teachers, staff, parents, and volunteers to provide fine motor support services and track student performance.

The image displays the 'Fine Motor Olympics' manual and several activity cards. The manual is a spiral-bound book with a colorful cover. The activity cards are small, square cards with various illustrations of hands performing tasks like cutting, gluing, and drawing.

FINE MOTOR SKILLS IN THE CLASSROOM

This hand skills program was developed as a tool to facilitate consultation in the classroom. The manual consists of training modules, a screening to administer to an entire class, report formats for teachers and parents, and classroom and home remediation activities. The Give Yourself a Hand program is designed to include everyone involved in the education process and to make them aware of the opportunities offered by occupational therapy in the classroom.

The image shows the cover of the 'Fine Motor Skills in the Classroom' manual. The cover is orange and features a stylized illustration of a hand holding a pencil. The title 'Fine Motor Skills in the Classroom' is written in white and blue text, with the subtitle 'Screening & Remediation Strategies' below it.

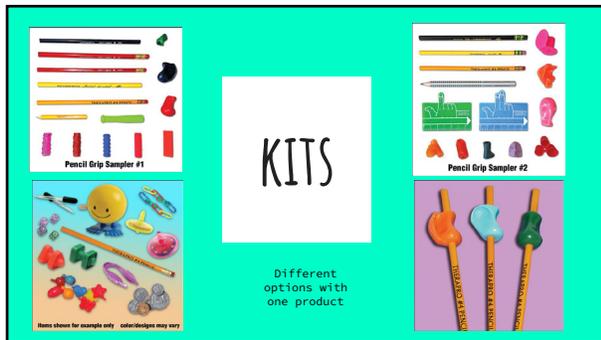
STAR SPACERS

The Star Spacer is a clever handwriting tool made of see-through plastic which acts as a guide to help the child understand spacing, sizing, and alignment of letters and words to promote more legible handwriting.



KITS

Different options with one product



GAMES

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LETTER TREASURE HUNT

Practice your handwriting skills by writing letter and word treasures in your Captain's log!

Begin by putting the game board together - it is made up of 4 large puzzle pieces! Now shuffle the Captain's Order cards (exercises to develop underlying components for successful handwriting skills) and place them next to the board. Pick your ship and dock it by the Mainland on the game board. Spin the spinner to select a letter and sail your ship to it. So, if you spin to "c", then move your ship to the Alphabet Island of "c."

Now draw a Captain's Order card and perform the exercise, as the Captain wants his crew members in tip-top shape! Now "collect" your treasure by writing the letter in your Captain's log (a laminated sheet). Continue spinning and move from island to island. The treasure word can also be written in the Log. Make this game as long or as short as you want. Decide beforehand how many treasures you want to collect.

Instructions include Game Alternatives, ideas for multisensory tools for handwriting, educator notes and more!

Handwriting fun in the form of a great game! And...a great feature of this game? It has many, many variations from which to choose from! Makes playing great fun each time!



TRUNKS

A game where players move their bodies, make sounds and perform actions from memory! Trunks® has gameplay challenges for all abilities!



NOVENOPS

NOVENOPS! has 60 cards that help develop the player's ability to understand the basic elements of grammar. Gameplay is designed to continuously reinforce the sentence structure concepts...while word familiarity improves reading and writing skills. Not only is NOVENOPS! a great learning experience -it's a hilarious game!

Usually used with SLP's but perfect for OT's and co-treatments!!



RUSH HOUR JR

Begin by placing the 16 playful vehicles on the 6" x 6" game grid according to the picture on one of the 40 cards. Now help the ice-cream truck get through the traffic by sliding the cars and trucks forward or backward. Answers are on the back of each card. A great spatial and visualization activity that can be graded from easy to difficult. Ages 6-8.



HANDWRITING

WRITING AND LEARNING PAPER

*Check out the latest newsletter for blog on raised line paper!

- *Raised line paper
- *Highlighter Paper
- *Practice Sheets
- *Raised Alphabet Paper
- *Raised Numbers
- *Raised Coloring Sheets and Mazes
- *Stage Write Paper (6 Stages)



LEGI LINERS

The Legiliner allows you to quickly draw handwriting lines with a quality rolling ink stamp. Handwriting lines help to improve letter size and placement for more legible handwriting. With the Legiliner there is no need to create separate, modified worksheets for students or take the time to hand draw writing lines on existing worksheets. The Legiliner works on Workbook pages, Worksheets, Plain paper, Construction paper, Crafts and more. Legilinners are available in a variety of sizes to meet all of your needs.



BETTER BOARD

This slant board collapses to a thickness of just 3/4" AND is very, very light! Great for traveling (from home to school, class to class, etc.) and can easily be stacked and stored in a classroom. Made of durable corrugated plastic, it has attached plastic clamps that hold paper well and includes non-slip "feet." Use for writing or holding materials to copy from. The low angle surface is approximately 20 degrees. The small slant board writing surface measures 12"w x 12 1/2"h.



FUN TOYS

FILLO TABLET

The Fillo Tablet is actually a unique double sided board! One side is a dry erase board with grid lines on it for drawing with the included dry erase pen; the opposite side is a textured board to allow for the included string to adhere to it. Take a colored string and thread it into the plastic "pen". Now drag the "pen" along the textured board, making shapes, alphabet letters, designs - the sky's the limit! The string will stick to the board and your design will be created. Each string is twenty four inches long so the pen will need to be rethreaded for additional designs or lines. Flip your board over to the dry erase side and continue to create. Use the grid lines to help guide your creations. The dry erase marker has a clip to attach it to the board so you won't lose it. The 12 pattern cards that are included can be copied for hours of fun!



The image shows the Fillo Tablet product, including the packaging, the tablet itself with a string design, and various accessories like the dry erase pen and pattern cards.

MY FIRST DINO

Smooth plastic dinos easily click together using the magic and safe world of magnets. Little strength required! Includes 14 pieces that are compatible with the other pieces in the Dino collection or any other SmartMax sets. Build five dinosaurs or kids can use their imagination to mix and match for some crazy prehistoric creations. High-quality materials and construction - lasting durability.



The image shows the My First Dino toy set, including several colorful plastic dinosaur pieces and a child building a dinosaur.

CRAYON ROCKS

Made of a soft soy wax and tinted with mineral powders, Crayon Rocks come in vibrant colors and make beautiful textures. Designed to strengthen the tripod grip muscles, these crayons prepare fingers and hands for handwriting. Their special shape allows small fingers to color in large, wide strokes, promoting artistic confidence. Used by occupational therapists to develop fine motor skills.

Made from renewable soybeans grown in the USA. Colored with natural mineral powders. 8ct 16 ct or 32 ct



The image shows a bag of Crayon Rocks and a row of colorful crayon rocks.

FANTA COLOR JR

A great on-the-go activity, the Fantacolor Junior Color Sorting Set will help kids master essential skills and promote hand-eye coordination. The Fantacolor Junior Color Sorting Set exposes young ones to basic picture pegging with this set of 48 large, chunky pegs and 16 large picture cards. To play, kids just have to slide a picture into the transparent pegboard and recreate the pattern on the card with the colorful pegs in the tray. Plus, parents will love that when play is done, the transparent pegboards locks on top of the tray, neatly storing all of the pegs and cards. And for on-the-go fun, this sorting set comes with a convenient carry handle! The Fantacolor Junior Color Sorting Set will provide kids with color sorting fun while developing important skills. From 2 years.



3D FEEL AND FIND (FEEL N' FIND)

20 matching wooden shapes and textured tiles provided in a durable cloth bag. Deal out the tiles and children reach into the bag to Feel and Find the corresponding wooden shape. 10 geometric and 10 object shapes. Pieces can also be used as 20 mini whole-object puzzles!