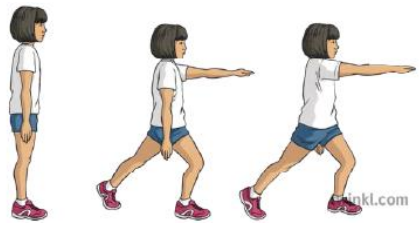
EARL'S COURT FREE SCHOOL PRIMARY

KENSINGTON PRIMARY ACADEMY

WEST LONDON FREE SCHOOL PRIMARY

SEND: Occupational Therapy – Suggestions for parents

Area	Exercise	Explanation
Movement breaks	Star jumps	Jump legs apart and arms up, then jump in and arms down
	Spotty dogs	
	Jumping games	• Indoor hopscotch – can make using painters' tape or other objects • Splashing in puddles – create puddles from paper or fabric and jump from puddle to puddle • Set out pillows and jump from pillow to pillow
	Wall push ups	Try to 'push the wall over' – hands flat on the wall and arms straight
	Chair push ups	Sitting on chair, hands pushing down into seat, either side of their bottom
	Table push ups	Stand between two tables with hands on each table. Lift body weight.
Pencil Control	Warm ups before writing	• Warm ups can be used prior to handwriting to get the hands moving: • Rub hands together briskly until they tingle. Shake out hands and fingers. • Push palms together and pulling hands apart. See if you can hold these for 10 seconds.
	Fun activities	• Mazes: Try mazes of different widths and shapes including vertical, horizontal, diagonal, curves and acute angles • Tracing • Dot-to-dot or number sequencing pictures • Stencils • Colouring in pictures • Painting and other craft activities
	Theraputty	Watch this video to see some ways to use theraputty: https://www.youtube.com/watch?v=bvRpYXrXsQw This video demonstrates one of many recipes for homemade putty:

		https://www.youtube.com/watch?v=M3S-Db8KQCI
Hand and arm strengthening	Animal walks	 Crab Snake Bear
	Household activities	• hanging up washing with clothes pegs • wringing out wet clothes • carrying shopping bags.
	Finger Wrestling	
	Using a hole punch	Make patterns of a piece of paper using the hole punch
Finger strengthening	Use chopsticks to pick up food or sort different items such as pom poms.	Make sure your child is using their index finger and thumb to strengthen their pincer grasp.
	Use play-doh or theraputty	Have your child roll, pinch, cut, pull apart and squeeze play doh or theraputty.
	Hungry hippos or Rabbit Racers	Use index finger to push down on button.
	Play board games that encourage the use of pincer grasp such as Jenga or Trouble.	Make sure your child is using their thumb and index finger to grasp pieces.
	Cooking	• Stirring mixtures with spoons. • Squeezing out icing from piping bag, or squeezing sauce bottles. • Using their thumb and index finger to grasp chocolate buttons or lollies to decorate cakes, cookies or cupcakes. • Using both hands to roll cookie dough into balls