Dear Parents/Guardians,

This letter is to address Occupational Therapy services due to the unfortunate circumstances of the COVID-19 and the closure of school. Attached with this letter you will find fun creative activities to help your child stay engaged in fine motor activities. My goal for the next upcoming weeks is to encourage creativity, imagination, safety and learning. I know you are worried and I care about your social emotional health, so I do not want to add to your stress. Please enjoy this time to read a book, play as a family, participate in fine motor activities, and most importantly have fun.

These activities are versatile giving different options that will hopefully be useful in any situation. Feel free to make them your own and be creative. The goal is for your child to have continued practice with fine motor skills while at home. I focused on activities that need little to no supplies. Occupational Therapy is using creativity while working to improve fine motor and daily living skills. Also, I have provided additional websites, games, and activities that you may find useful and fun as well as a link to the Licking County Educational Service Center Related Service page that will include other resources (https://www.lesc.org/RelatedServices.aspx). These sites and activities may have been used during therapy sessions or during their free time within the classroom so your child may be familiar with them. Again, I want to encourage your child to be active that best suits their needs.

I would love seeing your child participate in the provided activities or ones you have created as a family. Please feel free to email me pictures of your child’s participation. Also, please don’t hesitate having your child practice their typing skills by them personally sending me an email. I would greatly appreciate staying in contact and helping to provide other suggestions if needed. In addition if you would like worksheets to complete, please reach out via email and I will email them to you. Any child that returns the provided calendar of activities when we return to school will be given a reward. On the calendar please note what they did or did not enjoy and make a list of ways you were creative as a family. I am looking forward to hearing about the fun learning they took part in.
If you have any comments, questions, or concerns, please feel free to contact me by email (msayers@laca.org). I will do the best of my ability to be helpful. Thank you for your flexibility and understanding. I hope that you all stay safe and healthy.

Malonna Sayers
Occupational Therapist Assistant
Licking County Educational Service Center

msayers@laca.org
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td></td>
<td>Play Dough</td>
<td>Tactile Tray</td>
<td>Make letters using twigs, toys, stickers</td>
<td>Printer Uppercase Alphabet</td>
<td>Balloon toss</td>
<td>Organize Toys</td>
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<tr>
<td>Spring Break</td>
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<td></td>
<td>Build numbers 1-10 with Legos</td>
<td>Clothespins</td>
<td>Write a letter to a friend</td>
<td>Trace a Path</td>
<td>Print numbers</td>
<td>Play Ball</td>
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<td>4/5</td>
<td>4/6</td>
<td>4/7</td>
<td>4/8</td>
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<tr>
<td></td>
<td>Build a robot with Legos</td>
<td>Color</td>
<td>Paint with Q-Tips</td>
<td>Write/Color on Sand Paper</td>
<td>Play dough Letters</td>
<td>Obstacle Course</td>
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<tr>
<td></td>
<td>Build a Lion with Legos</td>
<td>Use Tongs</td>
<td>Out Door Chalk</td>
<td>Shadow Art</td>
<td>Tic Tac Toe</td>
<td>Animal Walks</td>
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<td>4/19</td>
<td>4/20</td>
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<tr>
<td></td>
<td>Build a Maze with Legos</td>
<td>Lace and unlace shoes</td>
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Hearing news about a global health crisis can cause feelings of anxiety and uncertainty about the future. Amidst this emergency, many students across the globe have had an immediate change to their schedules and regular routines.

It is normal and okay to be feeling stressed and worried during emergency situations. Mindfulness strategies are a tool that we can use with students, families, and the community to help cope with these uncertainties.

Some coping strategies you can use with your student are:

- Deep breathing/abdominal breathing exercises (pg. 2)
- Writing in a journal or coloring pictures about feelings
- 5,4,3,2,1 activity (pg. 3)

Things you can do as parents and caretakers:

- Stay calm and do not panic
- Limit the amount of news playing on TV, while still staying informed
- Keep routines as normal as possible
- Spend quality time with your family

Online Resources for Families

Talking to Kids About the Coronavirus

COVID-19 and Managing Mental Health

Go Noodle Mindful Breathing Video

Go Noodle Melting Video
Breathing Exercises

Take 5 Breathing is a quick and easy tool to use anywhere. Hold out your hand with all fingers spread out, while your other hands pointer finger starts at the base of your thumb. Breathe in as your pointer traces up each finger and breathe out as you trace down each finger.

Pretend you are blowing bubbles. Breathe in and gently breathe out to try to make a big bubble without it popping.

Use your finger to slowly trace the zigzag line above while breathing. Breathe in when tracing up, and breathe out when tracing down.
**Apps**
- Dexterity Junior
- Writing wizard
- Lively letters
- Little finder
- My little suitcase
- Cursive writing wizard
- Joy doodle
- Bug smasher game lite
- Flow free
- Fun bubbles lite
- See and find the doodle
- Cut the buttons
- Fluidity
- Gloop
- Doodle buddy
- On the road
- Puzzly
- Letter school
- Hand writing without tears
- Sudoku
- Sort it 3D

**Games/Activities**
- Spot it
- Trouble
- Uno
- Hangman
- Perfection
- Dot-to-Dot
- Checkers
- Go fish
- Simon says
- Scavenger hunt
- Candy land
- Bed bugs
- Operation
- Guess who
- Memory
- Jenga
- Word search/letter search
- Puzzles
- Legos
- Connect four
- Guess who
- Paint with Q-tips

**Keyboarding**
- Typing club
- Keyboarding without tears
- Dancing mat typing BBC
- Keyboard ninja
- Nitro type
- Freetypinggame.net
- Typing.com

**Websites**
- Abcmouse.com
- Gonoodle.com
- Pinterest.com
- Storlineonline.net-Actors read to children
- Seusville.com
- Funbrain.com
- Fluencyandfitness.com/register/school-closures
- Pbskids.org
- 123homeschool4me.com
- Scholastic.com/learnathome
- Highlights.com
- Breakoutedu.com

**As always, parent supervision and parental controls are recommended during any internet use to encourage functional access to educational materials only.**
# Rollin in Fine Motor

This activity has been designed to allow a fun opportunity to develop fine motor skills for all ages.

**Directions:** Roll one die for the column and row. Perform the quick Fine Motor fun activity that matches the numbers you rolled on the die.

**For Example:** If my first roll is a 1 and my second roll is a 4. You would stir with kitchen utensils.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
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<tbody>
<tr>
<td><strong>Red</strong></td>
<td><strong>Blue</strong></td>
<td><strong>Green</strong></td>
<td><strong>Yellow</strong></td>
<td><strong>Black</strong></td>
<td><strong>Pink</strong></td>
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<tr>
<td><strong>Tweezer/tong activity to pick up small items</strong></td>
<td><strong>Wash tables or windows using large circular strokes</strong></td>
<td><strong>Flash light tag, lying on your back in a dark room, follow the leader with your flashlight beams</strong></td>
<td><strong>Draw a picture in a shaving cream, salt, beans, etc.</strong></td>
<td><strong>Stirring with kitchen utensils</strong></td>
<td><strong>Push pins into foam with paper design over the top</strong></td>
</tr>
<tr>
<td><strong>Clothespin pinching, clipping on edge of shoe box/ index card.</strong></td>
<td><strong>Play with blocks/Legos</strong></td>
<td><strong>Paint with Q-Tips or fine tip brush</strong></td>
<td><strong>Pounding with small carpentry tools</strong></td>
<td><strong>Pop bubbles with isolated index finger</strong></td>
<td><strong>Place pennies or small buttons into slotted container</strong></td>
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<tr>
<td><strong>Draw/Color on a vertical surface</strong></td>
<td><strong>Use spray bottle to help water plants</strong></td>
<td><strong>Bounce/Roll a ball and catch</strong></td>
<td><strong>Make shapes using pipe cleaners</strong></td>
<td><strong>Transfer water from one bucket to another with a sponge by wringing it out</strong></td>
<td><strong>Tear pieces of construction paper to make a collage</strong></td>
</tr>
<tr>
<td><strong>String beads/cereal/nooodles</strong></td>
<td><strong>Complete a puzzle</strong></td>
<td><strong>Mazes, trace the way out with your finger</strong></td>
<td><strong>While laying on your back draw pictures, draw shapes, write letters or numbers</strong></td>
<td><strong>Use rolling pin to crush graham crackers, candies, etc. in Ziploc bags for ice cream toppings</strong></td>
<td><strong>Complete a lacing card</strong></td>
</tr>
<tr>
<td><strong>Finger Paint</strong></td>
<td><strong>Use stickers to form letters in name/shape</strong></td>
<td><strong>Crumple small bits of tissue paper using fingertips, glue to create a picture</strong></td>
<td><strong>Lay on your belly to read or look at a book</strong></td>
<td><strong>Draw/write in paint filled or gel filled Ziploc bags</strong></td>
<td><strong>Pop bubble wrap</strong></td>
</tr>
<tr>
<td><strong>Practice buttoning, zipping, and snaps</strong></td>
<td><strong>Crab Walk/ wheelbarrow walk/ bear Crawl</strong></td>
<td><strong>Cut with scissors-straws, cereal boxes, play dough</strong></td>
<td><strong>Hide small items in playdoh and find them</strong></td>
<td><strong>Punch holes or staple papers with hand held devices</strong></td>
<td><strong>Balloon pass</strong></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Activity</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>Play paper basketball</td>
<td>Crumple up scrap paper (i.e.: newspaper, construction paper, wrapping paper) to make balls. Set up a &quot;basketball hoop&quot; by using empty non-breakable bowls, empty boxes or bins.</td>
</tr>
<tr>
<td>Beads</td>
<td>Use cheerios, fruit loops, pasta, beads, or even toilet paper rolls to bead onto string/pipe cleaners/straws. Have your child sort the beads into colors or patterns on different strings.</td>
</tr>
<tr>
<td>Scissor practice</td>
<td>Have your child use scissors to practice cutting different materials. Supervise and be creative! Children can cut paper, ribbons, coupons, yarn, cardboard, construction paper, index cards or newspaper.</td>
</tr>
<tr>
<td>Playdough faces</td>
<td>Use playdough to make faces with different emotions (happy, sad, mad etc). Practice rolling playdough into a long snake to make a mouth, and small balls to make eyes.</td>
</tr>
<tr>
<td>Q-tip painting</td>
<td>Use q-tips to paint! Model for your child different shapes/objects (i.e.: circle, square, smiley face, lines, house) and have your child imitate. Let your child make their own picture, too! If you don’t have q-tips, use markers or crayons.</td>
</tr>
<tr>
<td>Freeze dance</td>
<td>Play music, and dance. Pause the music to have children freeze and hold their position for 5-10 seconds.</td>
</tr>
<tr>
<td>Rescue stuff animals</td>
<td>Tie a long string around a stuff animal, make the string long enough so that it goes the length of a table and animal lays on the floor. Children will sit on the other side of the table and use the rope to pull the stuff animal up onto the table and into their hands.</td>
</tr>
<tr>
<td>Household help</td>
<td>Teach your child about chores. Have your child help you wash or dry non-breakable dishes, sweep, put laundry in the washing machine, wipe down a table or other activities.</td>
</tr>
<tr>
<td>Rip paper</td>
<td>Have your child rip paper (i.e.: construction paper, coupons, magazines, etc). Once the paper is ripped, children can glue down these pieces to make their own artwork.</td>
</tr>
<tr>
<td>Recycled painting fun</td>
<td>Find different recycled things your child can paint with: empty toilet paper tube, dried pasta, yarn, water bottle, twist caps off of a water bottle, plastic silverware or other recycled materials. Have your child paint with these items. If you do not have paint, have your child draw or color with markers or crayons on different types of paper.</td>
</tr>
<tr>
<td>Recycled building fun</td>
<td>Have children build buildings or anything they can imagine! Have your child use anything you have laying around such as cardboard, empty boxes or containers (cereal, packing boxes), toilet or paper towel rolls, paper etc. If you want, have your child use tape to try to keep their building together.</td>
</tr>
<tr>
<td>Simon says</td>
<td>Play &quot;Simon says&quot;. The parent will call out an action, example: &quot;Simon says: put your hands on your head&quot;. The child does it. When you give an example that doesn’t begin with &quot;Simon Says&quot;, example &quot;Stand on one foot&quot;, your child must not do it. Switch and have your child be the caller. Actions can include: jumping, touching head/shoulder/knees/toes, turning around, clapping, etc.</td>
</tr>
<tr>
<td>Tiny tray fun</td>
<td>Find a clean empty muffin tin, cupcake tin, or ice cube tray. (If you don’t have this, you can line up small cups or egg carton) Have children use tweezers or spoon to place small objects (i.e.: mini erasers, pom poms, beads, pasta, beans) into each of the parts of the pan. If this is too difficult, have children use their fingers to grasp the small objects.</td>
</tr>
<tr>
<td>Sticker name and shapes</td>
<td>Write your child’s name on a piece of paper (or have them write their name). Have your child use stickers to cover each letter to &quot;write&quot; their name with stickers. You can also make shapes and lines for your child to cover. If you don’t have stickers, your child can use use buttons, pom poms, beans or pasta.</td>
</tr>
<tr>
<td>Rubber band games</td>
<td>Have your child place rubber bands around a water bottle or canned food item. Your child can also take off the rubber bands. You can also place rubber bands around plastic toys (i.e.: animals) and have children take off the rubber bands to &quot;rescue&quot; the animals.</td>
</tr>
</tbody>
</table>

Elizabeth Rizki Kosek, OTD, OTRL © 2020 Empowering OT https://www.teacherspayteachers.com/Store/EmpoweringOt-ByDr-R
**Roll Some Spring Brain Breaks**

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 2-1-4-6-2 you should perform the following actions: twirl 3x to the left as if floating in the breeze, squat and stand up like a blooming flower, 10 squats like you are planting seeds, pretend to shovel dirt over right shoulder and make your body into the letters in Spring.

<table>
<thead>
<tr>
<th>Column #1</th>
<th>Column #2</th>
<th>Column #3</th>
<th>Column #4</th>
<th>Column #5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hop like a bunny 20x.</td>
<td>Squat down low, slowly stand up opening arms like a blooming flower.</td>
<td>Flap arms 20x like a soaring bird.</td>
<td>Tap fingers on desk quietly and tap feet to make the sound of rain.</td>
<td>Pretend to throw 5 baseball pitches with your right hand.</td>
</tr>
<tr>
<td>Twirl 3x to the left as if floating in the breeze.</td>
<td>Squat down and waddle on the floor like a baby chick.</td>
<td>Pretend to jump in puddles 10x.</td>
<td>Keep feet on floor, bend over and touch the floor making body in a rainbow.</td>
<td>Make your body into the letters in S-P-R-I-N-G.</td>
</tr>
<tr>
<td>Go up on tip toes, chest out and flap wings like a robin 10x.</td>
<td>It's raining! Run in place for 30 sec. pretending to run from the storm.</td>
<td>Spring Cleaning - pretend to dust off each foot, leg and arm.</td>
<td>Shake your hands and legs like the rays of the sun.</td>
<td>For 10 sec. hold your arms out to side, feet together like an umbrella.</td>
</tr>
<tr>
<td>Wiggle like a worm.</td>
<td>Pretend to balance on your right foot in a puddle for 10 sec.</td>
<td>Squat down low and pretend to plant seeds. Do 10 squats.</td>
<td>Pretend to throw 5 baseball pitches with left hand.</td>
<td>Hold your hands up in the air and run in place like you are flying a kite.</td>
</tr>
<tr>
<td>Hold an egg position for 10 sec. Tuck knees to chest, wrap arms around legs.</td>
<td>Flap your butterfly wings slowly 10x.</td>
<td>Pretend to shovel dirt over left shoulder 10x.</td>
<td>Sit with legs apart, feet together. Flutter your legs like butterfly wings.</td>
<td>Pretend to balance on left foot in a puddle for 10 seconds.</td>
</tr>
<tr>
<td>Buzz around the room like a bee.</td>
<td>Move your body like a caterpillar.</td>
<td>Clasp hands together. Air write the word F-L-O-W-E-R.</td>
<td>Pretend to shovel dirt over right shoulder 10x.</td>
<td>Take 10 long, deep breaths in and out.</td>
</tr>
</tbody>
</table>

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1. Tie a Left-over-Right starting knot. Make the right (blue) end into a "loop" by doubling it back onto itself.

3. Continue the left (yellow) end around the right loop to end up in front.

5. With the left (yellow) lace now through the "hole", grab hold of both loops and start to pull the knot tight.

2. Take the left (yellow) end and pass it around to the right, going behind the right loop.

4. Start to feed the left (yellow) lace into the "hole" that has just been made.

6. Continue pulling on the loops until the knot is firmly tied.

1. Tie a Left-over-Right starting knot. Make both ends into "loops" by doubling them back onto themselves.

3. Begin to wrap the right (yellow) loop around the left (blue) loop to end up in front.

4. Feed the right (yellow) loop into the "hole" that has just been made.

5. With the right (yellow) loop now through the "hole", grab hold of both loops and start to pull.

6. Continue pulling on the loops until the knot is firmly tied.

Lucky Pennies

Start with 10 pennies inside this circle.

Place all the pennies heads up in each circle and then flip all ten pennies to tails.

Stack the 10 pennies inside the circle.

Penny for your thoughts...
Perform your favorite exercise 10 times.

Penny Pincher
Hold one penny in between each finger and your thumb i.e. pointer/thumb, middle/thumb, ring/thumb and pinky/thumb.

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HOW TO **WASH**
My HANDS!

**DIRECTIONS:**
1. Cut out the pictures.
2. Glue them in the correct order on the blank page.

**STEP 1:**
TURN ON WATER

**STEP 2:**
WET HANDS

**STEP 3:**
SOAP ONTO HANDS

**STEP 4:**
RUB HANDS

**STEP 5:**
RINSE SOAP OFF

**STEP 6:**
TURN OFF WATER

**STEP 7:**
DRY HANDS