



Ideas for Home Activities

Disclaimer: These activities were compiled from various sources by KRG. KRG does not take ownership of the ideas nor text/images. For your child's safety, all activities should be completed under adult supervision. Not all activities are appropriate for all age and/or ability levels. Activities performed at your own risk.

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SECTION 1 – FINE MOTOR

Play-Doh

1. Make long snakes and squish them between thumb and fingers
2. Make small balls out of play-doh
3. Hide small objects inside and have them find it



4. (can add a color sorting with fruit loops)

Pasta necklaces

Have the kids string different pasta noodles on a string and make a neckless



Collage

Cut and stick different pictures from magazines, newspaper, etc.



Baking and cooking

Make cookie dough and cookies with cookie-cutters. Decorate the cookies.



Some Ideas for baking/cooking with kids:

<https://tasty.co/article/melissaharrison/cooking-with-kids>

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/recipes-kids-can-make>

<https://www.tasteofhome.com/collection/easy-recipes-for-kids-to-make-by-themselves/>

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/weekends-at-home/recipes-kids-can-bake>

<https://www.tasteofhome.com/collection/easy-baking-recipes-for-kids/>

Making play dough –

you can measure the ingredients out together:

Ingredients

- 1 cup flour
- 2 tsp cream of tartar
- 1/2 cup salt
- 1 tbsp cooking oil Olive oil or vegetable oil
- 1 cup water
- food coloring

Instructions

1. In a large bowl, combine all of your dry ingredients (flour, salt, cream of tartar) and mix well.



- Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Mix together.



- Add the dry ingredients to your pot and mix well.



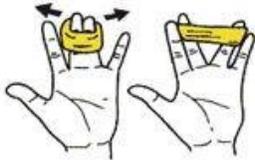
- Cook over low to medium heat until the dough starts to form and becomes dry.
- Once it starts to form a ball together and looks fully cooked, take off the heat. Let the dough cool first before touching.
- Once cool, knead the dough for 5 minutes to make the dough soft.

Other ideas:

- Beading
- Stickers
- Picking up small objects with tweezers or chop-sticks
- Putting coins in a piggy bank
- Cutting with scissors.

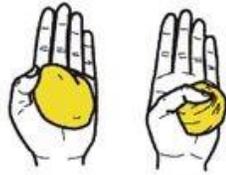
Theraputty/play-dough hand strengthening ideas:

Scissor Spread



Wrap the Thinking Putty around two fingers and try to spread them apart.

Thumb Press



Put Thinking Putty in the palm of your hand. Push it with your thumb towards your small finger.

Thumb Extension



Bend your thumb and loop Thinking Putty around it. Try to straighten your thumb.

Thumb Pinch Strengthening



Squeeze the Thinking Putty between your thumb and the side of your index finger.

Thumb Adduction



Keep your fingers and thumb straight as you press Thinking Putty between your thumb and index finger.

Three Jaw Chuck Pinch



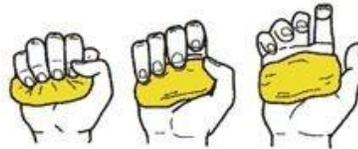
Using your thumb, index and middle finger, pull Thinking Putty upwards.

Finger Hook



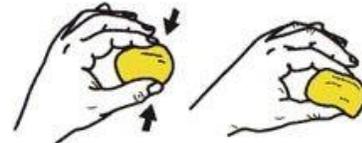
Create a hook as you press your fingers into the Thinking Putty.

Full Grip



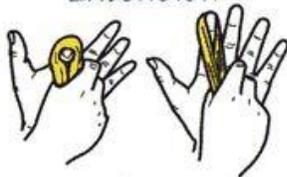
Make a fist while squeezing your fingers into the Thinking Putty.

Finger Pinch



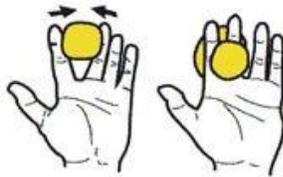
Pinch the Thinking Putty between each finger and your thumb.

Finger Extension



Bend your finger and loop Thinking Putty around it. Try to straighten your finger.

Finger Scissor



Take a one inch diameter ball of Thinking Putty and place it between your fingers. Squeeze it.

Finger Spread



Spread a pancake of Thinking Putty over your fingers. Try to spread your fingers apart.

SECTION 2 – GROSS MOTOR

Obstacle course:

Make some fun and challenging obstacle courses in the house or in your back yard. Here are some good ideas from the STAR institute:

Couch-Courses



For our toddlers and younger children who need vestibular and proprioceptive input through their day to support regulation, couches and pillows can be used to make a variety of great climbing experiences. These ideas can be replicated with removable couch cushions, pillows, and/or blankets. Add in games such as scavenger hunts, hide and seek, or red light-green light. The possibilities are endless... take a look around your space and give it a try. Stay safe and have fun!



Slides & Ramps

Placing a cushion against the base of the couch at an angle makes a great slide. Put rolled up blankets or pillows under to reinforce the ramps. Children can crawl up, down, and slide on their bellies or bottoms.

Tunnels

Couch cushions, pillows, and blankets can be draped on the couch to create a tunnel. You can play with the length and shape for your child to explore. If your child likes increased deep pressure, you can push into the couch cushions to add resistance as they crawl through.



Stairs

Build up your cushions to build a staircase. Your child can explore going up and down in different ways such as walking, marching, crawling, bear walking, or bottom bumping. Climb up and down the stairs, wheelbarrow walk, or create a "jump and crash."



Jump & Crash

When a big crash is what your child needs, use your cushions, pillows, and blankets to make a landing pad. After their jump, challenge them to get back up crawling or climbing over the crash pad. How many different jumps can they do?



Additional Ideas:





www.spdstar.org
STAR Institute

Anna Knox, OT/s
March 2020

- 1. Balloon bounce – try to keep the balloon up in the air, don't let it touch the floor



2. Mirror game – one kid invents a movement, and the other kid/parent has to copy them like a mirror:



3. Simon Says

4. Imitation game – one person does a movement, everyone copies. Then second person adds another move, they have to do both moves.

5. Animal Dancing game:

Prints out photos of animals and assigns a movement to each animal. When the you display the animal photo, he or she says what the movement is and can even do the movement with the child if possible.

This can be a fun way to get creative and incorporate active movement! Here are a few examples:

- Wiggle like a jellyfish-- wiggling arms up and down
- Hop like a kangaroo -- jumping up and down
- Roar like a lion -- with hands for claws at your face
- Chomp like a crocodile-- with arms extended in front coming together like jaws
- Stretch like a starfish-- with arms extended up and out to the sides and legs wide
- Jump like a frog-- frog jump
- Run like a cheetah-- running in place
- Buzz like a bee-- buzzing and holding hands up while moving torso in buzzing pattern
- Stomp like an elephant-- stomping on the ground with alternating feet
- Waddle like a penguin-- with arms at sides and small foot movements
- Swing like a monkey-- swinging arms like on monkey bars
- Soar like an eagle-- with arms outstretched to the sides
- Stand like a flamingo-- balancing on one foot

More great ideas from the STAR Institute:

<https://www.spdstar.org/node/1497>

Energy burning ideas:

This huge list of active indoor activities will keep your kids — from toddlers to teens — busy and burning energy!

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

Dancing:

Enjoy this Just Dance YouTube Playlist that was put together for your family to dance the day away!

https://www.youtube.com/watch?v=YK7jGAJI_ac&list=PLtD5n9VIRTyGT1jT5uaESHh3YiMZWuaRI

Or enjoy the KRG office hits from Kids Bop:

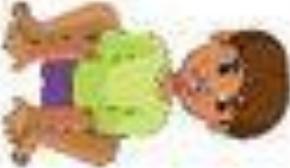
https://www.youtube.com/watch?v=40uEcTuqIvM&list=RDEMPzuW6UImpWzLZGmiiuPPlw&start_radio=1

Some Zumba dancing for kids:

Enjoy this Zumba Dance Party video. Practice every day and get better and better at it. A quick 13 minute fun body workout while you learn some awesome dance moves!

<https://www.youtube.com/watch?v=FHo9QaJ1DyI>

Yoga poses (you can print and cut):

| | | |
|---|---|---|
|  <p>fish pose</p> |  <p>cat pose</p> |  <p>bird pose</p> |
|  <p>frog pose</p> |  <p>cobra pose</p> |  <p>bridge pose</p> |
|  <p>lion pose</p> |  <p>dog pose</p> |  <p>candle pose</p> |

Butterfly



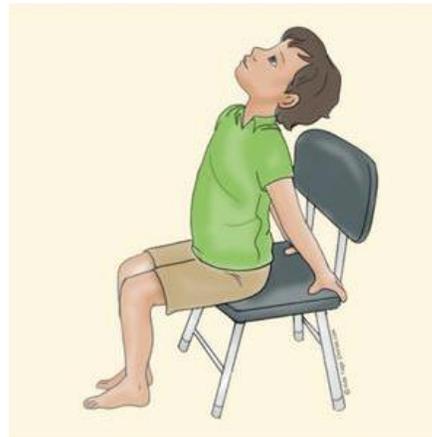
Boat



Slide



Cobra



Warrior



Tree



Happy Baby



Seated Twist



Wide Angle



Warriors



Double slide



Water Fountain



SECTION 3 – SENSORY GAMES

Before attempting any of these activities, it is important that you understand some basic principles.

- Any activity list available on the Internet cannot possibly be individualized for a child and therefore some activities may not be appropriate for your child.
- Some children may be over sensitive to sensations and will be fearful or withdraw from certain activities or sensations. Other children may be sensory seeking and find many of these activities enjoyable. You must carefully observe your child's reactions and respect them.
- A child who is indicating fear or distress should not be forced to participate. The child's fear and discomfort is based on his or her nervous system's reaction to sensation and is real, and not under his or her control.
- Many children fluctuate between sensory sensitivity and sensory seeking behaviors, and others may be sensitive to certain sensations but seek other ones. Each child's patterns may be highly unique and individual, and it is not uncommon for those patterns to change depending upon the context the child is in (where, when, what is going on, etc.).
- Sensory seekers tend to be very active children, who are on the go. They often respond positively to very intense forms of sensory stimulation and look for ways to move, jump, fall, crash, kick, push, etc. Creating ways to incorporate these needs into safe and fun activities that provide the desired intensity may allow your child to come to a calm and focused place. Think about ways your child can safely push, pull, kick, hang, jump, and lift. (For example, bowling, playground monkey bars, trampolines, pushing a "heavy bag" back and forth with you, pulling a heavy wagon.)
- Children who are sensitive to certain sensations (sounds, lights, smells) may like activities that provide intense deep pressure to the skin, resistance to the muscles, and input to the joints. In general, these inputs are calming for the system.
- Lastly, watch for signs that your child is becoming overly silly, unsafe, extremely over-active, or inattentive. Also watch for sudden yawning, hiccoughing, burping, or changes in skin color. If you note these things, stop the activity immediately and if necessary find something calming for your child (wrapping up in a blanket, very slow rocking, big bear hug, snuggling in a big comfy chair, warm bath or shower).

The best way to approach these activities is to present some ideas to your child and allow their preferences to guide you. You may also find other similar ideas to add to your child's list of personal favorites.

Incorporating Sensory Input into Daily Activities

- **Bath time:** Scrub with washcloth or bath brush, try a variety of soaps and lotions for bathing, play on the wall with shaving cream or bathing foam, rub body with lotion after bath time (deep massage), sprinkle powder onto body and brush or rub into skin.
- **Meal preparation or baking:** Let your child mix ingredients, especially the thick ones that will really work those muscles. Let child mix and roll dough and push flat. Allow child to help you carry pots and pans, bowls of water or ingredients (with supervision, of course). Let your child tenderize meat with the meat mallet.
- **Grocery shopping:** Have your child push the heavy cart (as long as the weight is within their capability). Let your child help carry heavy groceries and help put them away.
- **Mealttime:** Encourage eating of chewy foods and drinking out of a straw. Try having your child sit on an air cushion to allow some movement. A weighted lap blanket may be helpful as well.
- **Household chores:** Allow the child to help with the vacuuming or moving the furniture. Let the child help carry the laundry basket or the detergent. Let the child help with digging for gardening or landscaping.

- **Play time:** Reading books in a rocking chair or bean-bag chair may be beneficial. You can help your child make up obstacle courses in the house or yard using crawling, jumping, hopping, skipping, rolling, etc. Listen to soft music. Play the sandwich game (child lies in between two pillows and pretends to be the sandwich, while you provide pressure to the top pillow to the child's desired amount). Ask them "harder or softer?" as you push on the pillow. Some children will like much more pressure than you would expect. You can also go for a neighborhood walk with a wagon and have your child pull it (make it semi-heavy by loading it with something the child would like to pull around). You can do the same with a baby-doll carriage. Swimming in a pool is a wonderful activity if you have that available, as are horseback riding and bowling. Mini or full-size trampolines are excellent for providing sensory input as well. Make sure the child is using them safely. Sandboxes, or big containers of beans or popcorn kernels can be fun play-boxes. too, if you add small cars, shovels, cups, etc.
- **Errands and appointments:** Before visiting the dentist or hairdresser try deep massage to the head or scalp (if tolerated), or try having your child wear a weighted hat. Try chewy foods or vibration to the mouth with an electric toothbrush. Let your child wear a heavy backpack (weighted to their liking with books and with the straps padded as needed). Be sure to give the child ample warning before any changes in routine or any unscheduled trips or errands. Many children with SPD need predictability.

Other General Guidelines for the Home

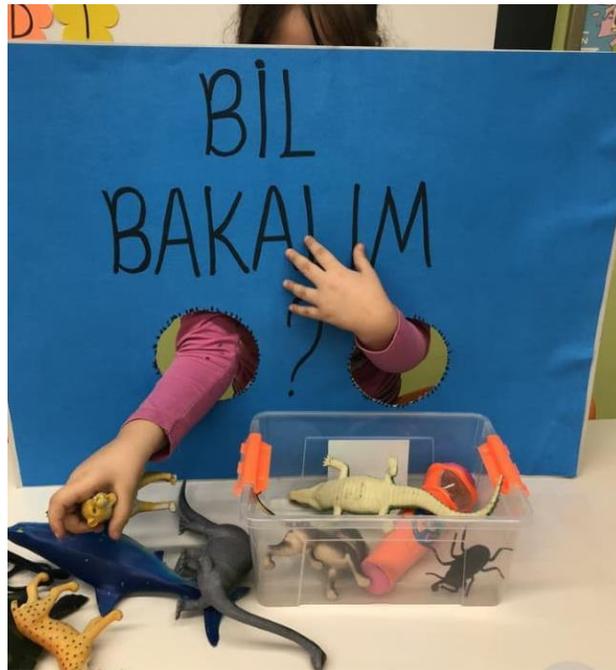
- Keep routines and possessions organized.
- Be consistent with rules and consequences.
- Keep an activity schedule or calendar posted.
- Create specific routines for troublesome times of day (bedtime or getting ready for school).
- Discuss upcoming anticipated changes in routine at a point in time that is beneficial for your child. You will have to experiment with how early the child "needs to know."
- Try to indirectly use your child's sensory preferences for fun rewards to help you handle behavior. For example, having your child work towards an *extra* trip to go bowling or horseback riding may be helpful. However, try not to restrict movement activities when your child is being disciplined. For example, taking away recess time or playground time for not sitting at the table appropriately during dinner may not be the most effective way to deal with these issues. Your child may need that movement time, and by removing it, his or her behavior may actually become more difficult later.

Here are some fun sensory games:

1. Balloon and shaving cream

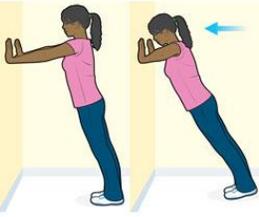
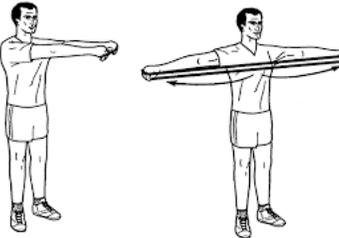
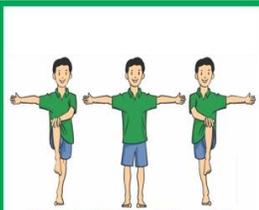


2. What is in the box – 1. put different objects in a hat/box and have the kids try to figure out without looking what it is using their hands 2. Have 2 of each object and have them find the matching one to one that is outside.



3. Finding small objects in rice/beans/water/sand
4. Finger painting
5. Scented bath or massage
6. Jumping and crashing into pillows
7. Rolling and summersaults
8. Jumping on a trampoline
9. Popping bubbles with two hands or with their pointer finger

10. Ideas for proprioception activities:

| | | | |
|--|--|---|--|
| <p>10 Wall push ups</p>  | <p>10 Crab Walk</p> <p>Crab Walk</p>  | <p>10 Leg Pushes</p>  | <p>15 Jumping Jacks</p>  <p>kleuteridee.nl</p> |
| <p>5 Burrito roll</p>  | <p>15 Frog Hops</p>  | <p>5 Wheelbarrow walk</p>  <p>AgonyTherapy</p> | <p>4 Carry bin up across the house</p>  |
| <p>20 Dinosaurs stomps</p>  | <p>5 bear hugs</p>  | <p>10 Log Rolling</p>  | <p>15 Band pulls</p>  |
| <p>20 Knee Taps</p>  | <p>10 Inch worm</p> <p>Inch Worm</p>  | <p>10 Donkey kicks</p> <p>Donkey Kick</p>  <p>3 times</p> | <p>20 Jump up/down the stairs.</p>  |
| <p>10 Duck walk</p>  | <p>Sweeping a room</p>  | <p>10 Cross body reach</p> <p>Bird Dog (Do both sides)</p>  <p>BackIntelligence.com</p> | <p>10 Bear</p> <p>Bear Walk</p>  <p>3 times</p> |

SECTION 4 - RELAXATION

Mindfulness breathing/meditation

https://www.youtube.com/watch?v=Bk_qU7I-fcU

<https://www.youtube.com/watch?v=GNKA2k44aTw>

Cosmic yoga:

Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.

https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

Yoga For Teens:

Yoga Ed. has empowered millions of children and teens to thrive through evidence-based yoga and mindfulness training and curriculum

<https://www.youtube.com/channel/UCZkbiujyDoXqoPPr5D74I7A>

Peach Out Guided Relaxation For Kids:

Because it is important to give our brains a brake! Enjoy a few minutes of meditation a day

<https://www.youtube.com/watch?v=XAgUMTexJV&list=PL8snGkhBF7njO0QvtE97AJFL3xZYQSGh5>