

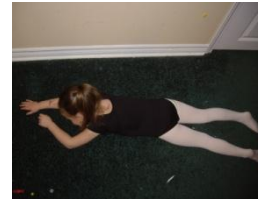


Occupational Therapy Department

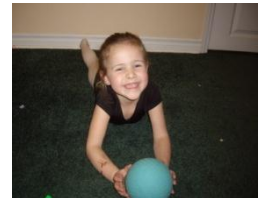
## Sensory-Motor Activity Suggestion for Home

# On Your Tummy, Get Set, GO!!!

1) Slithering like a snake on your tummy



2) Rolling a ball back and forth while lying on your tummy



3) Sometimes trying to lay on your tummy when playing, coloring or watching TV !



## Have Fun!!!

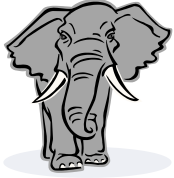
# Animals on Parade!



1. **Monkey:** sway side to side scratching underarms



2. **Hippo:** stomp around the room



3. **Elephant:** wave your arm in front of your nose



4. **Kangaroo:** hop forwards with both feet repeatedly



5. **Crocodile:** with arms held in front of you, do a snapping movement open and closed

**Have Fun!!!**

## Super Strong Shoulders!

- Lay across a small exercise ball or hopper ball (with a handle) while the adult supports at the hips. If you don't have a ball lay across a pile of pillows.
- In this position, do a simple activity such as an insert puzzle or sorting small objects into an ice cube tray (using one hand while supporting the body weight with the other hand)



**Have Fun!!!**

# Wacky Wheelbarrow Walking!

- Start in a crawling position, have an adult lift up and hold your legs at the thigh. Walk as far as you can on your hands.



**Have Fun!!!**

# Feeling Crabby ?

- Become a crab: from sitting push up onto hands and feet with tummy pointing towards the sky. For fun, an adult can roll a ball under your body.
- Try to move like a crab: in this position walk forwards with your hands and feet. For fun, try to hold up a stuffed animal on your tummy as you move.

## Crab Walk



**Have Fun!!!**

# Ready, Set, Throw !

- Using balled up socks throw them at a target (ex. Plastic bin, shoebox, foam square)
- Vary the distance of the target or try alternating between 2 targets



**Have Fun!!!**

# Catch that Balloon!

- In standing, have your child catch a balloon with 2 hands (held out from their body) and then throw it back to you.
- Try this many times, encouraging your child to **not** trap the balloon against their body.



**Have Fun!!!**