

**Occupational Therapy Suggestions with WEBSITES**

5 fun activities to promote wrist extension during coloring or writing

* Forearm drawing
* Slanted surface
* Wall drawing
* Drawing under tale
* Hand strengthening and stretching
* Please watch video to see examples:

<https://www.youtube.com/watch?v=Nb13yEND3ck>

Bilateral Hand Strengthening

Materials:

* Sponge(or washcloth if you do not have a sponge)
* 2 pans or plastic containers
* Spray bottle

Watch the video below:

<https://www.youtube.com/watch?v=L6J2vnhrO80>

Scissor Skills

Items needed

* Child size scissors(blunt edge for safety
* playdo
* paper plate
* construction paper
* flash cards(thick paper)
* Thumbs up
* Elbows tucked in

Watch video !

<https://www.youtube.com/watch?v=382_NZYNmeg>

Proprioception supports body awareness and calming. Heavy work, crashing, and deep pressure provided throughout the day can support attention and self-regulation.

<https://www.youtube.com/watch?v=SWtmkjd45so&feature=youtu.be>

Vestibular input is movement. In a controlled manner, vestibular input support language, eye contact and visual attention and self-regulation. Opportunities provided throughout the day helps to provide attention and engagement.

<https://www.youtube.com/watch?v=9EIA14onc30&feature=youtu.be>

Motor Plannning/ObstacleCourse

<https://www.facebook.com/michele.gambrel.9/videos/10157792502277928/>