



# THIS MONTH IN OCCUPATIONAL THERAPY

with Mrs. Atkinson

November 2014

## Into the "Swing" of Things

Occupational Therapy sessions have been underway now for over a month. Students have gotten familiar with the equipment and the rules and routines of the therapy room. You may have heard your little one taking about "swings and scooterboards" and activities with "the stinky basement" or "the alphabet stretch". Please encourage your child to explain these things to you, as it helps them remember and retain skills they have learned in the therapy room.

## What Your Child Will Be Working On:

### Motor Skills

- Continuing to strengthen upper back, neck and shoulder muscles to give them a "stable" base of support during fine motor activities
- Continuing to strengthen wrist, hand and finger muscles to allow them to color, cut, draw, print and manage clothing fasteners

### Visual Skills

- Understanding how pieces fit together to make a whole
- Recognizing what is missing from a picture

### Writing Skills

- Printing first and last name from MEMORY onto a writing line
- Learning how to form and position these letters on a writing line: r n m h b p

FOR MORE IDEAS, CHECK OUT  
MRS. ATKINSON'S PERSONAL  
WEBSITE AT:

[www.AnOTMom.weebly.com](http://www.AnOTMom.weebly.com)



## Types of Activities We Will Be Doing

- **Sensory Motor Play:** obstacle courses with commando crawling, crab walking and balancing components
- **Fine Motor Play:** strengthening those fingers with Thankful turkey coloring and cutting activity and weaving activity to make Thanksgiving placements
- **Visual Skills:** working on making their own Turkey jigsaw puzzle
- **Writing Skills:** Continuing to use the Alphabet Stretch to learn letter placement and working on "diving letters" with playdoh



## What YOU Can Do At Home:

### Make A Homemade Obstacle Course:

- You don't need to get fancy—activities like crawling under a table, hopping on pillows to avoid "lava" or even wheelbarrow walking to different rooms are great whole body work outs.

### Have A Little Chef

- Rolling pins, hand mixers, garlic presses and pepper grinders are all great tools to work on little hand muscles. Have a helper in your kitchen during Thanksgiving!

### Start Your Gift Giving Activities

- Make some homemade gifts for the upcoming holidays by making necklaces out of uncooked macaroni, beads, buttons or "O" shaped cereal. Pinterest is a great tool for DIY gift ideas!

### Dollar Store Puzzles

- Most local dollar stores sell 24-piece and 48 piece jigsaw puzzles. Start stocking up for holiday gifts for your little one, these are great activities to work on visual skills!

### Practice These Concepts At Home:

- This month we are working on these lines/shapes/letters:
  - Letters in first and last name
  - Letters: r n m h b p
- Talk about where the letter is on a writing line, how to draw the letter and practice making the shape with shaving cream, play doh, crayons, makers, etc.