

OT CORNER

Occupational Therapy Weekly Newsletter

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SENSORY MOTOR TOOLS

The **Zones** of Regulation™

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Tactile

1. Hand exercises

Try this isometric exercise (Hand Pushes) 5x with a 20-second break between each

- Put your hands in front of your face, with your palms touching.
- Push your palms and fingers against themselves.
- Keep pushing your hands together for 10-15 seconds.
- push hands together as hard as comfortable as long as it doesn't hurt. Breathe!
Challenge level: stand on one leg while pushing, then repeat standing on other leg.

2. Make Putty

- In a medium bowl mix **3/4 cup cornstarch** with **1/4 cup dish soap** with a spoon until flaky.
 - Gather mixture with hands and knead until a putty like consistency.
- * If necessary add more cornstarch or soap to reach desired consistency.



3. Draw a Race car

<https://www.artforkidshub.com/how-to-draw-a-porsche-race-car/>

4. Trace with finger the Lazy 8

Create a Lazy 8 to practice calming

Start in the middle at the star and trace with your finger taking deep breath in and slow breath out as you go around. Continue to breath around the Lazy 8 until you have a calm body and mind



What to do when you are in the Red or Yellow Zone

Movement: Pressure into your arm/leg joints is calming.

Take Movement breaks: Exercise, ride a bike, go for a walk, push-ups, lunges, dance to music, work in the yard

Heavy Work: Helps with focus. Help with heavy work chores

(carry groceries in, move laundry baskets, mow the lawn, move dirt in the garden)

Oral: Chewy & Crunchy snacks, chewing gum, suck thick drink with a straw

Sound: Wear headphones to reduce environmental sounds

Listen to soft music with a slow beat, create a quiet space in your room

Vision: Natural light or soft lighting, read, look at picture books

Create an area clutter free for learning.

... in the Blue Zone

Heavy Work Resistive Activities: Can be used to increase energy.

Take a movement break: jumping, running, skipping, pushing/pulling activities work in the yard, carry something heavy

Touch: Fidget object but not distracting, make and play with putty (recipe provided)

Sound: Sing & Play songs, dance to the music. Fast upbeat music can be alerting.

Oral: Chewy/crunchy snacks, chew gum, cold drinks, carbonated drinks.

Vision: Go outside for natural lighting & sun light, turn on bright lights.

Visual schedules and break work into small chunks so student perceives as "do-able"

Movement

Pick a Movement Break

Move and Freeze

<https://m.youtube.com/watch?v=388Q44ReOWE>



https://www.youtube.com/watch?time_continue=1&v=388Q44ReOWE&feature=emb_logo

Roblox

<https://m.youtube.com/watch?v=G3y5rmgHBgs>

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

