



# OT CORNER

4j Occupational Therapy Weekly Newsletter

ISSUE 3

## FINE MOTOR

### Make glue pictures and words with sand



Use a small paintbrush or Q-tip dipped in liquid glue to write a word, letters, or draw a picture. Sprinkle sand, salt, sugar, glitter or sprinkles over the glue. Shake off excess.

## Weekly Skills for Life

### Did you know that tasks you do every day are great practice for sensory-motor skills!

#### Help with the Laundry

1. Collect clothes in a basket or bag & carry to the laundry room
2. Separate colors (light & dark).
3. Load the washing machine with either lights or darks.
4. Measure detergent and put into the washing machine, select washing cycle, clothes the lid and turn on to start.
5. While waiting for clothes to be washed, take out clothes from the dryer if a load is completed and help sort & fold.
6. Follow the step-by-step instructions below for folding towels.



### PB & J Starfish sandwich

1. Gather peanut butter (or alternate), Jelly and bread
2. Get a plate and a knife
3. Place two slices of bread on the plate
4. Spread peanut butter on one slice and jelly on the other slice
5. Place the slices together
6. Have an adult help use a knife or use a cookie cutter of a star to make your starfish sandwiches. Enjoy!



## WRITING

Write or type a list of items you would take to the beach. Don't forget snacks and sunscreen!



When finished with your list, grab your items and have a beach "staycation" in your living room or yard.

## SENSORY MOTOR

### Beach 1 minute Mindfulness

<https://safeYouTube.net/w/ejzA>

### 2 minute Breath Bubble

Beach <https://safeYouTube.net/w/NwzA>

Movement

## BEACH YOGA



I am a surfer.  
WARRIOR 2 POSE



I am a beach chair.  
CHAIR POSE



I am a sandcastle.  
DOWNWARD-FACING DOG POSE



I am a swimmer.  
LOCUST POSE



I am a sea star.  
RESTING POSE