

# OT CORNER

## Sensory Motor Activities for You

### WEEK 4 BEACH



## FINE MOTOR

### Make a Beach Ball

1. Cut circle out of paper or use a paper plate
  2. Use color paper, tissue paper
  3. Cut a small circle for the center of the ball.
  4. Tear the papers into small pieces—this is a great hand strengthening activity!
  5. Glue the beach ball together.
- You can add labels to each area that is supposed to be one color to work on matching!



### Octopus Chain



## HANDWRITING

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



Sand  
Writing

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

## SENSORY MOTOR

### Touch Activity

**Water Activity:** Grab a tub and add warm soapy water and a couple drops of blue food coloring. Add cups or funnels for pouring. If you have water beads at home, make your own ocean using blue and white beads. Add any sea creatures you may have for ocean fun!

### 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 use a knife or use a cookie cutter of a star to make your starfish sandwiches. Enjoy!



### Sign Language



### Beach Ball Catch & Spell



Perfect for eye-hand coordination, Catch the beachball and read the word/number/letter you see.

Beach 1 minute Mindfulness Link  
<https://safeYouTube.net/w/ejzA>

## Movement

### OCEAN YOGA



**I am a jellyfish.**  
STANDING FORWARD BEND



**I am a shark.**  
LOCUST POSE



**I am a dolphin.**  
DOLPHIN POSE



**I am a crab.**  
TABLE TOP POSE



**I am a turtle.**  
TORTOISE POSE