



# OT CORNER

4j Occupational Therapy Weekly Newsletter

ISSUE 5

## FINE MOTOR

### Lemon Stamp Painting



LEMON



YELLOW

## WRITING

### Invisible Ink Writing



1. Squeeze lemons to obtain their juice or obtain bottled lemon juice.
2. Use the juice as ink by applying it to a Q-tip or paintbrush and writing on paper.
3. Allow the paper to dry.
4. When you are ready to read your invisible message, hold the paper up to sunlight, a light bulb (recommended), or another heat source.
5. The heat will cause the writing to darken to a pale brown, so your message can now be read.

## SENSORY MOTOR

### Draw your own Chalk Course



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

### Go Noodle Movement Video

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

## CALM DOWN YOGA for kids



**I am strong.**  
WARRIOR 2 POSE



**I am kind.**  
TREE POSE



**I am brave.**  
CHAIR POSE



**I am friendly.**  
DOWNWARD-FACING DOG POSE



**I am wise.**  
HERO POSE



## Weekly Skills for Life

### Homemade Lemonade Recipe

- 2 lemons
- 4 tbsp sugar
- 1/4 cup hot water
- cold water and ice

Juice both lemons into a large glass or mason jar. Remove any seeds. Add hot water and sugar to the glass and mix really well. You want the sugar to be completely dissolved. Add cold water and ice to fill your glass to the top. Add a few additional lemon slices if desired.

### Sorting Coin Activity



Have a Lemonade Stand for your Family & Friends!