



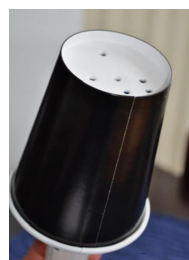
OT CORNER

4j Occupational Therapy Weekly Newsletter

ISSUE 4

FINE MOTOR

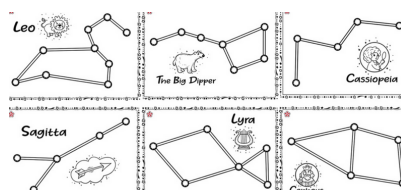
- Create a constellation in a cup with pin holes.
- Shine a flashlight into the cup in a dark room.



Coloring page
attached

WRITING

Using materials at home, (rocks, chalk, sticks, marshmallows and toothpicks) create a new constellation. Describe it.



SENSORY MOTOR

Movement

1. Get moving with Jedi Exercises



<https://safeYouTube.net/w/F42C>

2. Galaxy Yoga



Rocket Breath

<https://safeYouTube.net/w/Eb3C>

3. Create a Galaxy Bottle

3-4 Colors of Acrylic Paint, Water, Bottle/Jar
Cups/Funnel, Cotton balls, Glitter, Water

- Fluff up 2-3 cotton balls, poke them into the empty bottle or jar.
- Shake a generous amount of glitter on top. (use a funnel if needed)
- You will need a separate cup for each color. Put about 1/2 cup of water in cup.
- Add 3-4 squirts of paint.
- Mix until color appears.
- Pour on top of cotton balls.
- Repeat layers with different colors.
- Finish by glueing lid on.



Weekly Skills for Life

Learning to wear a mask tips:

- Be positive and cheerful when talking about face masks
- Provide a choice between 2 masks or fabrics if possible
- Look at and talk about masks you see other people wearing.
- Read a social story about masks. (see link to the side)
- Introduce slowly: Let your child become comfortable holding mask.
- Accompany with praise, high fives, silly play.
- Repeat with next steps: (a) bringing the mask toward their face, (b) touching the mask to the face, fitting the elastic over the head.
- Each step may require several trials- allow lots of time.



<https://www.autism.org/wp-content/uploads/2020/04/face-mask-social-story.pdf>

