

# OT CORNER

## Sensory Motor Activities for You

### WEEK 5 Night Sky

## FINE MOTOR

1. Make a constellation with star stickers and connect the stars
2. Use Q-tip and paint to copy stars
3. Finger paint on paper. When dry, draw a star/moon and cut out. Use a hole punch and string to tie the stars in your window.
4. Poke holes in a paper cup & use flashlight in the dark to shine a constellation of stars on your wall.



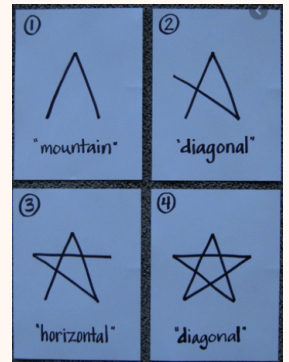
## HANDWRITING

### 1. Create Crayon & Water Color Paintings

- Use a crayon and draw a night sky
- Make a wash by painting over your picture with water colors.



### 2. How to draw a star



## SENSORY MOTOR



### Star & Rocket Breathing

<https://safeYouTube.net/w/G1oE>

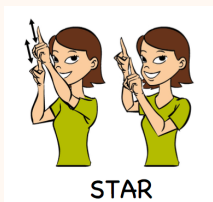
<https://watchkin.com/9ab87c26c7>

## Learning to Wear a Mask: Tips

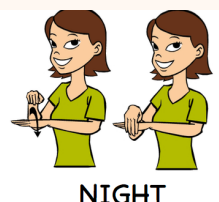
- Be positive and cheerful when talking about face masks
- Provide a choice between 2 masks or fabrics if possible
- Look at and talk about masks you see other people wearing.
- Read a social story about masks. (link below)
- Introduce slowly: Give rewards of praise, high fives, silly play, as child touches the mask. Let the child become comfortable holding a mask.
- Slowly introduce each step in the same way: a) bringing the mask toward their face, (b) touching the mask to the face, c) fitting the elastic over the head. This may take time. Give lots of practice opportunities.
- 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.



## Sign Language



STAR



NIGHT

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