

OT CORNER

Sensory Motor Activities for You

WEEK 6

Lemons & Lemonade



HANDWRITING

Invisible Ink Writing



1. Squeeze lemons or use bottled lemon juice.
2. Dip a Q-Tip or Paintbrush into the lemon juice to use as ink and draw or write 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

2. Squeeze Activities & Video

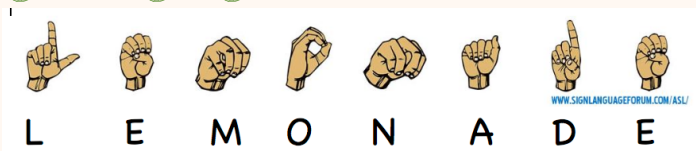
<https://safeYouTube.net/w/ZTrG>

- Squeeze eyedropper with watercolor paint onto coffee filters
- Squeeze playdough or fidget 10X each hand
- Squeeze glitter glue onto 6" alphabet letter
- Squeeze tongs/clothespin to pick up pom poms and transfer to bowls
- Squeeze sponge and transfer water between 2 bowls

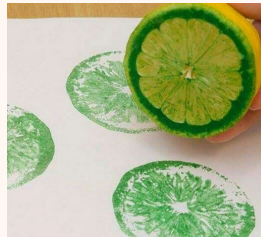
3. Draw your own Chalk Course

<https://safeYouTube.net/w/k9pG>

Sign Language



Lemon Stamp Painting



1. Smell It!

Lemon Volcano

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

Materials:

- Lemons (Recommend 2 lemons per volcano)
- Baking Soda
- Liquid Watercolors/ Food Coloring
- Craft Stick
- Dish soap
- Tray, Cup, & Spoons



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.