

OT Lesson week 5/11-5/15 – SuperHeros!

Handwriting –

Complete one or both of the superhero writings in the attached PDF

Fine Motor

Every superhero needs a mode of transportation.

Follow this video to learn how to make a paper helicopter, then make your own paper helicopter and watch it fly!-



Visual Perception

Use the attached PDF to complete the superhero word search.
Can you find all of the Superheros?

Sensory Motor Superhero Games – try one or all of them

X-Ray Vision Superhero Act:

You Will Need:

- Brown paper lunch bags
- Different household items and food items, such as apple, popcorn, broccoli, and other kid's favorite items.

How To:

1. Fill in your kid's favorite food and household items in the brown paper lunch bags and close them.
2. Tell your child to use his imagination and guess what is inside the bag just like a superhero.

Bean Bag Attack:

You Will Need:

- Bean bags, small balls or rolled up socks
- Empty soda cans
- Bright watercolors
- Images of villains
- Glue

How To:

1. Paint empty soda cans with bright watercolors.
2. Paste image of one villain on each can with the help of the glue.
3. Give your child bean bags, small balls or rolled up socks, keep the cans having the images of villains at a distance, and guide your child to hit the cans to make them fall on the ground.

Busting Through A Wall:

You Will Need:

- Lots of cardboard boxes

How To:

1. Stack up several cardboard boxes to create a wall for your kid.
2. Guide your kid to kick off the boxes or run through the created wall of cardboard boxes just like superhero busting through a wall.

Superhero Jump:

You Will Need:

- Lots of pillows or cushions

How To:

1. Pile up all the pillows or cushions you have on your bed.
2. Guide your kid to jump on and across them safely just like superhero jump

