

## **OT Lesson for the week of 5/4-5/8 - Happy Mother's Day!**

### **Handwriting**

Fill the attached PDF worksheet on what makes your mom a superhero! Use your Mrs. O'Shea would approve neatness handwriting and give it to your mom on Sunday – Mother's Day!

### **Fine Motor Craft**

Follow the directions on the attached PDF to make your mom a flower bouquet!

### **Visual Perception**

Follow the directions on the attached flower visual closure PDF. Can you match the flowers?

## **Sensory Motor Movements and Games to help Mom out around the house**

### **Clean the Floors by Skating**

Figure Skating: Clear an area on your floor (you can even rope off an actual rink if you wanted, and using the adaptations below, pretend you are gliding across the ice.

To skate: Try these options

1. Skate in socks on hard wood floors
2. Use dryer sheets -they provide just the right amount of slide and won't scratch your floors
3. Paper plates – this works well on rugged floors. Use 2 paper plates, step on them with bare feet and skate away
4. Construct wax paper booties using string or tape. Or simply place a piece of wax paper on the floor and step on it. This also works well on rugged surfaces
5. Save old tissue boxes and have the child place their feet through the opening.

### **Sort the Socks**

1. Place a pile of mis-matched socks on one end of a room. Place a laundry basket on the other end of the room. As fast as they can, have the child match 2 socks together, roll them together and race to place them in the laundry basket.

2. Another fun way to play with socks. Have the child lay on their back. Place match/rolled pairs of socks by their feet. Place an empty laundry basket next to their legs. The child must pick up a rolled pair of socks with their feet and place the socks onto the laundry basket.

## **Carry the Laundry**

1. Taking the wet clothes out of the washing machine and out them in the dryer is a great way to work on strengthening and heavy work input
2. Take the clothes out of the dryer and carry the laundry basket to another part of the house to fold works on strength, heavy work and proprioceptive input
3. Now fold those clothes. Kids as young as toddler and up can help sort and fold the laundry basket of clothes.

## **Vacuuming**

1. Have the child push the vacuum around the house - this works on strengthening and provides heavy work input
2. Vacuuming using a straw - You will need small cut up pieces of paper, a container or paper plate and a straw. Place the small pieces of paper scattered on the table. Using your straw, place it directly over one of the pieces of paper. Suck in your breath and pick up the piece of paper with the straw. Place the paper into the container or onto the paper plate. Repeat until you have pickup all the pieces of paper. This is a great oral motor activity.