

Hello friends who love occupational therapy!

I really miss you all. I hope that you are enjoying some time to play during these days away from school.

I am really excited to share with you this occupational therapy enrichment.

Please do what you can and feel free to include your parent(s), grandparent(s), sibling(s), your favorite stuffed friend, or even your dog!

You may email me anytime, especially to let me know what you have done and how it went.

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Step 1. Check in with the Zones chart. What zone are you in? If you're in the yellow or blue zone, what can you do "get to green"?

ZONES OF REGULATION



BLUE ZONE
Low State of Alertness



GREEN ZONE
Ideal State of Alertness



YELLOW ZONE
Heightened State of Alertness



RED ZONE
Extremely Heightened
State of Alertness



Strategies to get to green:

Deep breathing, lazy 8 breathing

hand press

wall push-ups

crab walks

jumping jacks

bear hug from your favorite stuffed friend

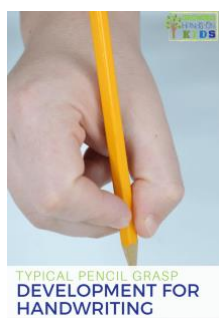
Here's some fun yoga poses:



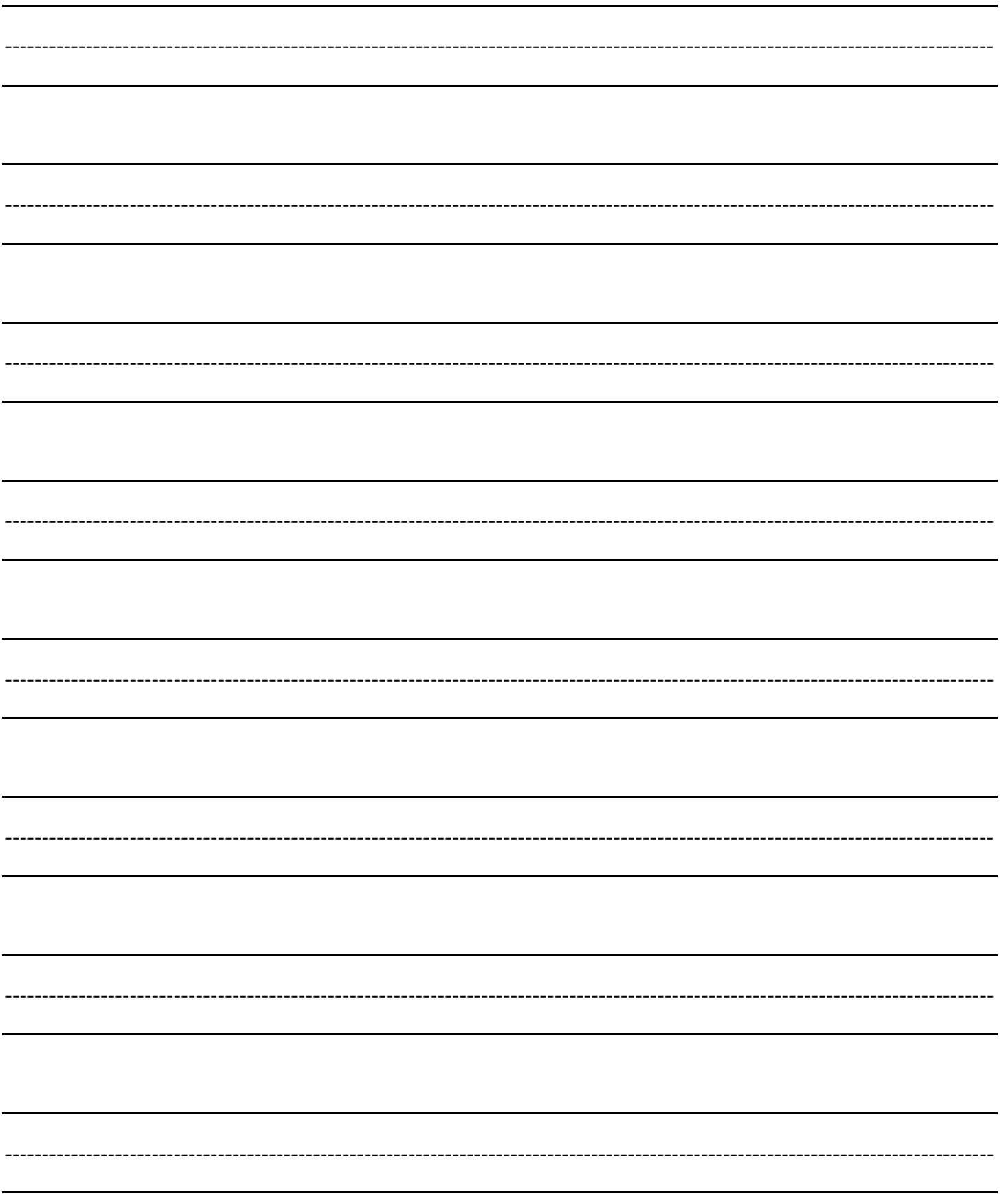
The poses



Step 2. Get a pencil and paper. Check your grasp, do you look like this friend?



Use three-lined paper if you have it or print this out. You can also skip lines if you only have notebook paper, to give yourself lots of room.



Step 3. Option/Day 1

Here's some great writing activities

Have fun and remember to:

1. Start your letters at the top
2. One pencil stroke per letter, don't pick up your pencil until the letter is done
3. Space between your words

Write your first and last names three times

Make up a sentence with all 26 letters of the alphabet (that's a pangram)

Write about what you did yesterday to keep your body moving

Write about what you are doing today to keep your body moving

Write about a picture you drew – may need to draw a picture, first.

Write about what you see out your window

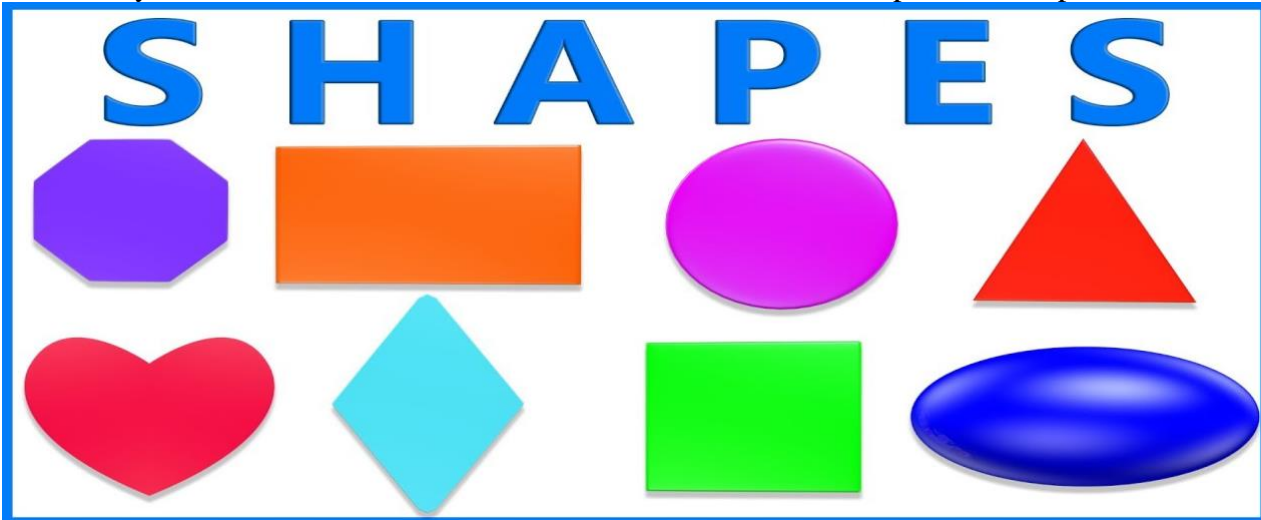
Write about your favorite toy(s)

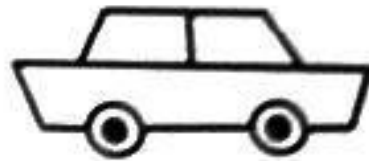
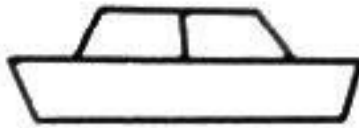
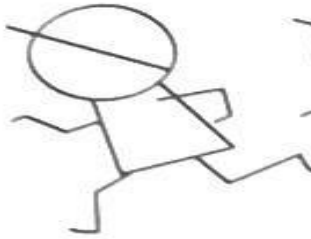
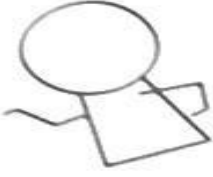
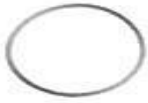
Write about your favorite book(s)

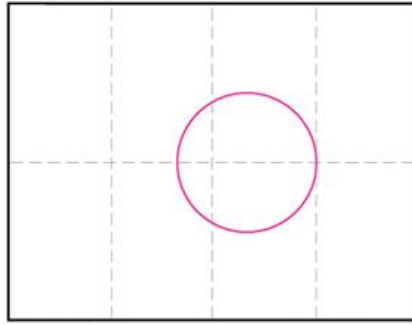
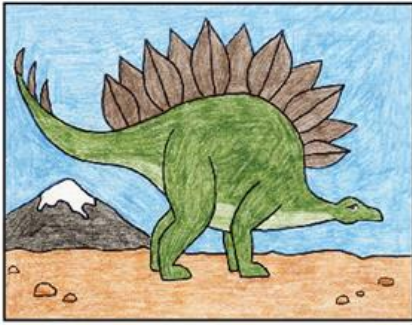
Step 3. Option/Day 2

Draw a picture of a person walking, running, standing, or sitting.

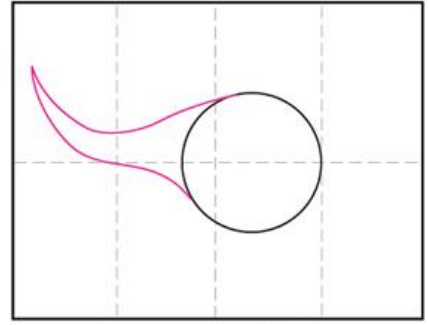
OR, draw your favorite animal or dinosaur. Remember to use the shapes we have practiced:



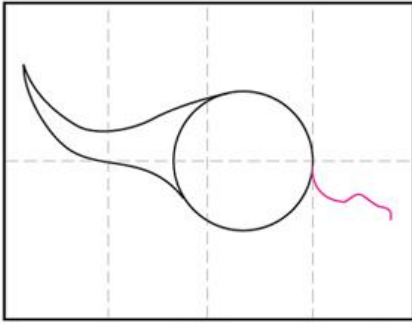




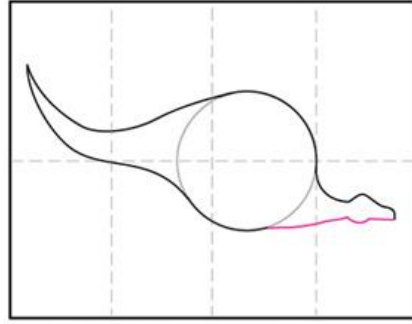
1. Make fold lines. Draw a circle as shown.



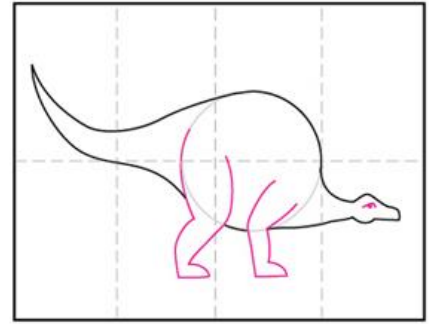
2. Draw the curvy tail on the left.



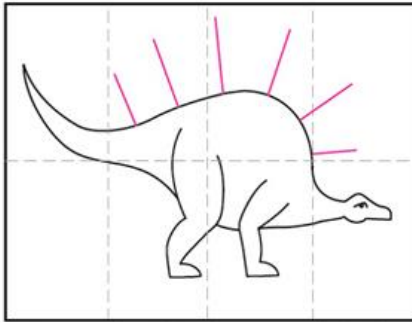
3. Draw the top of the head on the right.



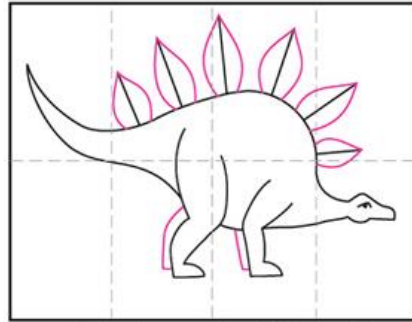
4. Draw the bottom of the head.



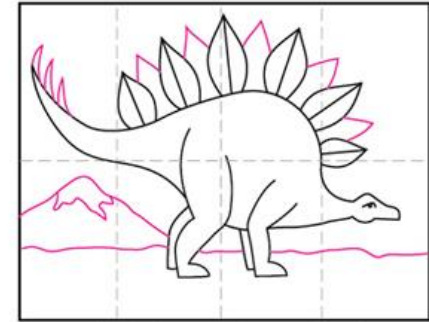
5. Add the eye, legs. Erase inside lines.



6. Draw six lines for the center of the plates.



7. Finish the plates and add the back legs.



8. Draw back plates, spikes and background.

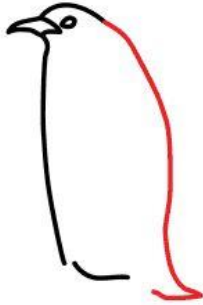
How to Draw an Emperor Penguin in 9 Easy Steps



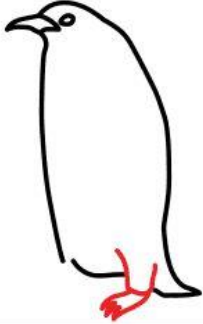
Step 1: First, draw the head.



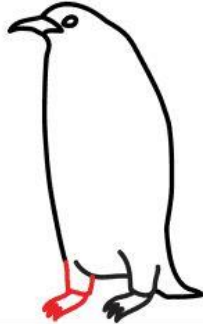
Step 2: Draw the face of Emperor penguin.



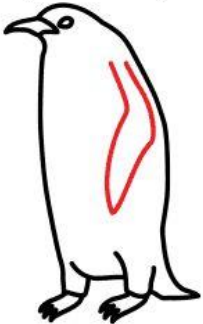
Step 3: Draw the body.



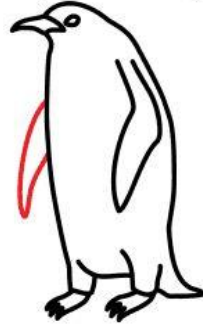
Step 4: Draw the back and tail.



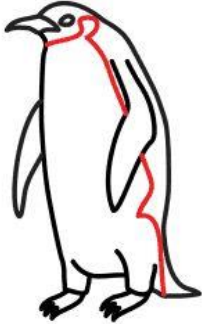
Step 5: Draw the leg.



Step 6: Then, draw the other leg.



Step 7: Draw the wing.



Step 8: Draw the other wing.



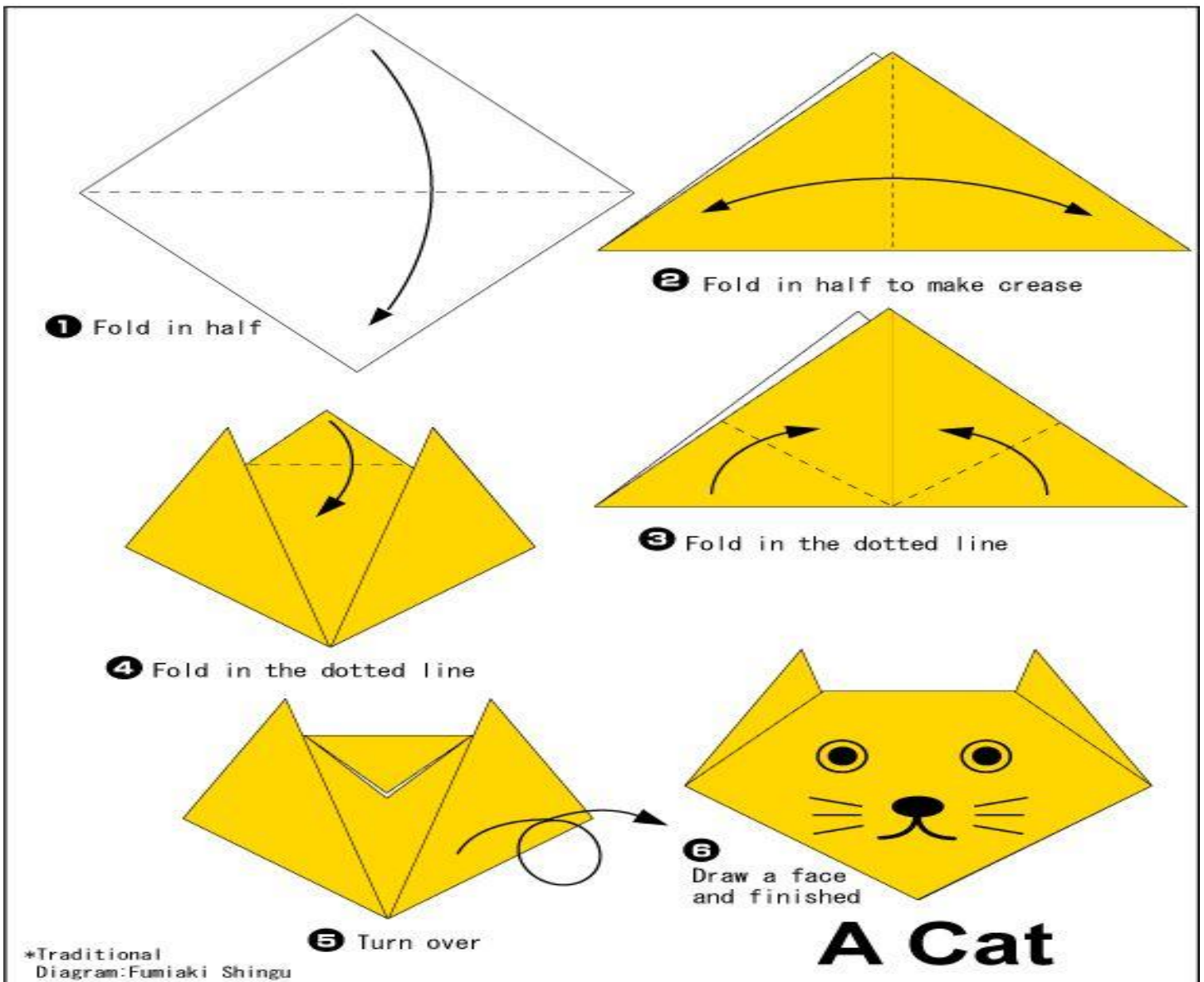
Step 9: Draw the pattern.

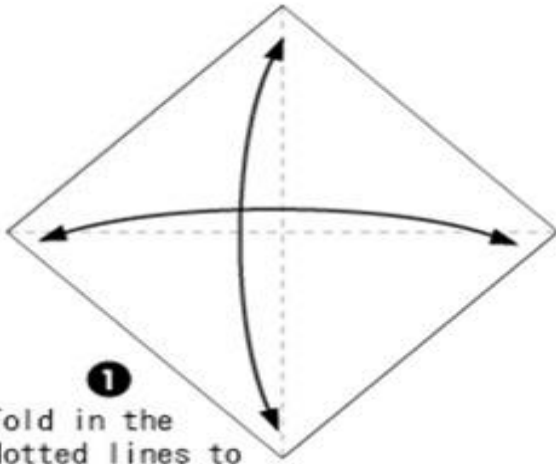
Your Emperor penguin is now done!

Step 3. Option/Day 3

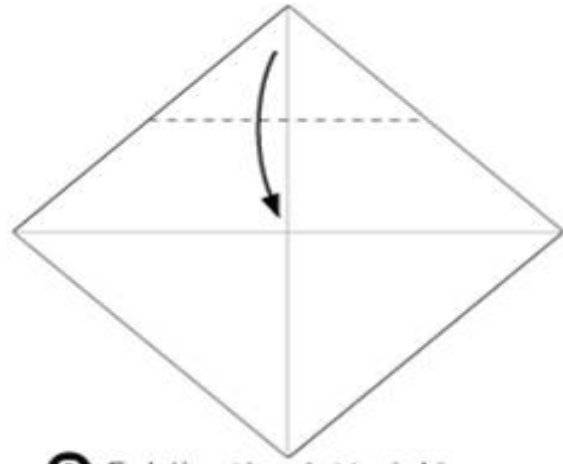
Practice Origami

Get a square piece of paper – or make one by folding one corner of a rectangular piece of paper, down to the bottom of the piece. Cut off the rectangular excess.

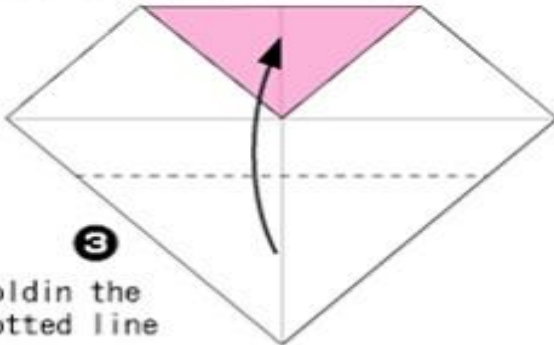




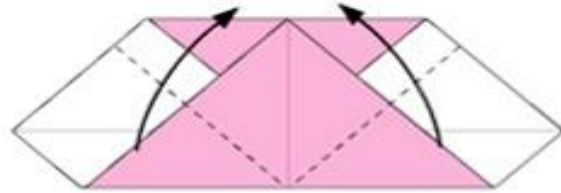
1
Fold in the dotted lines to make creases and fold back



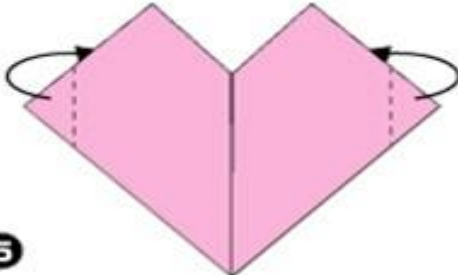
2 Fold in the dotted line



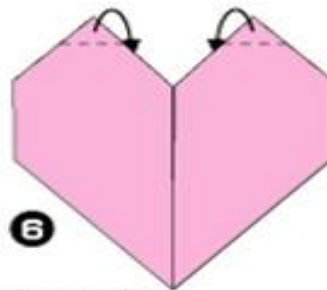
3
Fold in the dotted line



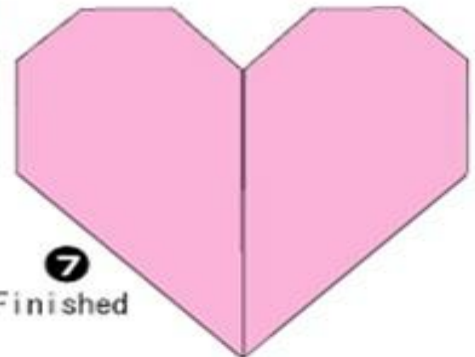
4 Fold in the dotted lines



5
Fold backward in the dotted lines



6
Fold backward in the dotted lines



7
Finished

An Easy Heart

Step 5. Play a Game!

Here are my favorite, OT-approved games. Let me know what game you choose and who you play with.

-Create an obstacle course, inside or out (ask your grown-up what you're allowed to use). Ideas include, but are not limited to:

crawling under something

jumping over something

standing on one leg for as long as you can

tossing a ball into a bin/basket

stepping around some rocks

stepping on top of some rocks

two-feet hopping

hopping up the steps, carefully while holding railing

hopping down the steps, very carefully while holding railing

hoola hooping

jump-roping

-Hopscotch

-Follow the leader

-Simon Says

-Ants in the Pants

-Jenga

-Rush hour

-Operation

-Crazy 8's

-Guess Who

-Go Fish

-Draw with stencils

-Complete a puzzle

-Play with tangrams

-Build with blocks, legos, duplo blocks, k'nex, etc.