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Occupational Therapist

Fine Motor and Sensory Practices for the Summertime

Occupational Therapy

Man through the use of his hands can change the course of his life.

GROSS GRASP

HAMMER/CUP



FINE GRASP

PENNY/THREAD

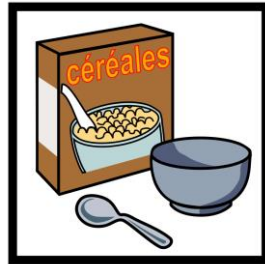


VISUAL MOTOR INTEGRATION

HOW OUR HANDS, EYES AND BRAIN WORK TOGETHER TO HELP
PERFORM A MORE COMPLICATED TASK

WHAT STEPS ARE INVOLVED TO PERFORM A BIGGER TASK

FOLLOW A RECIPE





PRE-WRITING SKILLS

IMITATE OR COPY

LINES/SHAPES/LETTERS





Bilateral Motor Coordination Skills

How we use both hands together to perform a task

CUT/SEW/STRING BEADS/HOLD SOMETHING HEAVY





Perceptual Motor



Puzzles

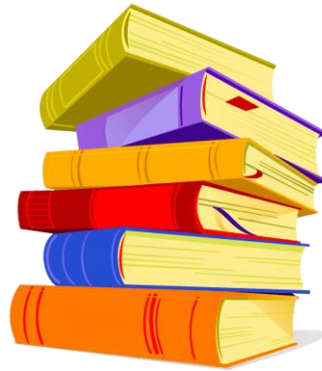
STACK CUBES

EYE HAND COORDINATION





STACK BOXES/BOOKS/CANS





ACTIVITIES OF DAILY LIVING



MOTOR PLANNING

SEE A TOY, WANT TO PLAY, FIGURE OUT HOW





POSTURE

HOW DOES A CHILD SIT IN THEIR CHAIR?

SLUMPED

FALLING OFF

BOUNCING



BODY AWARENESS

DOES THE CHILD KNOW WHERE THEIR BODY IS IN SPACE?

BUMP INTO OTHER CHILDREN?

PUSH, BUT NOT MEAN ANYTHING BY IT...DON'T UNDERSTAND PERSONAL SPACE



SENSORY INTEGRATION

5 SENSES +2

PROPRIOCEPTION

WHERE ARE YOUR JOINTS?

VESTIBULAR

INPUT TO THE INNER EAR



WHAT IS SENSORY INTEGRATION?

YOUR BODY

- TAKES IN INFORMATION FROM THE OUTSIDE WORLD USING YOUR SENSES
- FIGURES OUT WHAT THAT INFORMATION MEANS
- RESPONDS TO THE INFORMATION

TOY EXAMPLE



SEE A TOY

TOUCH OR EXPLORE THE TOY

PLAY WITH THE TOY



HYPER-RESPONSIVE CHILDREN

OVERREACT TO EVERYTHING

SPIN AND UNDER THE TABLE



HYPORESPONSIVE CHILDREN

BOUNCY

CANNOT GET ENOUGH INPUT

ALWAYS 'ON THE MOVE'

NEVER FEEL DIZZY

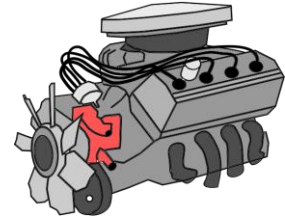
THE ALERT PROGRAM

YOUR BODY IS LIKE A CAR ENGINE

SOMETIMES IT RUNS ON HIGH

SOMETIMES IT RUNS ON LOW

SOMETIMES IT IS 'JUST RIGHT'





HOMework EXAMPLES

COME HOME, SIT AND DO HOMEWORK

Or

ACTIVATE YOUR SENSORY SYSTEM AND MAKE THINGS
EASIER



SENSORY IDEAS

ORAL MOTOR

BLOW FLUTE

*BLOW BUBBLES

EAT CRUNCHY PRETZELS

*BBQ-SPICES

BLOW COTTON BALLS ACROSS THE TABLE

CHEW GUM

*EAT COLD FOODS-ICES

SENSORY IDEAS

MOVEMENT/VESTIBULAR WAKE UP ACTIVITIES

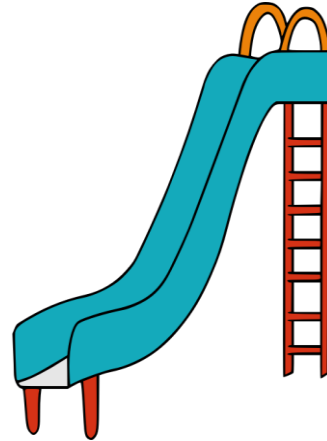
JUMP ON THE FLOOR

JUMP ON PILLOWS ON THE FLOOR

*GO DOWN THE SLIDE

*JUNGLE GYM OUTDOORS/PLAYGROUND

*OUTDOOR TRAMPOLINE





MORE MOVEMENT ACTIVITIES



*SPIN/SWING

*RUNNING

TURN ON THE MUSIC AND DANCE

*MERRY GO ROUND/ROLLER COASTER/BRIDGE

ROLL IN A BLANKET LIKE A HOTDOG AND GENTLY UNROLL



PROPRIOCEPTIVE

CRAWL THROUGH A TUNNEL

PUSH SOMETHING HEAVY-GROCERIES

PUSH A BOX OF BOOKS

CARRY GROCERIES IN A BAG/OR PULL GROCERIES IN A BAG



MORE PROPRIOCEPTIVE ACTIVITIES

*HANG FROM A BAR IN THE PLAYGROUND

WHEELBARROW WALK

*BIKE/SCOOTER

PUSH FURNITURE (OTTOMAN)

PUSH AND PULL HANDS TOGETHER/APART

PLAY TUG OF WAR

*POOL WALK/SWIM



TACTILE/TOUCH

SCRUNCH PAPER

FINGER PAINTS (BATHTUB PAINTS)

WHIP CREAM ON A TRAY

*BEACH/WATER WITH SAND

BOX OF FUN (RICE, BARLEY, SHREDDED PAPER, *SAND, ETC.)





VISUAL

PLAY SNAKE IN THE GRASS WITH JUMP ROPE

SIDEWALK CHALK



AUDITORY/SOUND

MUSIC

LOUD/BOUNCY TO WAKE UP

QUIET/CALMING

RHYTHMIC OCEAN SOUNDS

