

Occupational Therapy Preschool Parent Letter Week #4 (04/14/2020)

Hello Preschoolers and parents, I hope you had a fabulous Easter.

I wanted to reach out this week and review the OT activities you will find in Week #4 in the packet I sent home.

Hopefully, your child will enjoy the following activities:

Flower Q-tip Painting: You will need the Q-tips, the flower page and paint. Squirt the paint on a paper plate. Have your child position the Q-tip in his/her dominant hand and dab it into the paint and then dab onto the circles on the flowers.

To grade this activity, please tape the flower sheet to a vertical surface (easel or wall). Have your child hold a cotton ball with his/her ring and little finger against the palm. Position the Q-tip with thumb, index and tall fingers. This will work on separating the 2 sides of the hand which is needed to develop grasp.

By taping the paper to a vertical surface and having your child kneel to complete this activity, you will encourage core strengthening.

Pre-Writing Shapes and Strokes: Have your child practice pre-writing shapes as indicated on the handout. If a square shape is difficult, grade the activity by having him/her trace the shape or practice a cross shape instead.

Chose One Item from the Upper Body and Arms Strength Sheet.

Additional Fun for a Movement Break: Go to this Youtube site to

Shake your Sillies Out!

https://www.youtube.com/watch?v=NwT5oX_mqS0

Please feel free to contact me using the following email address:

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Thank you and have a marvelous week!

Miss Amy,OT

