

Happy Occupational Therapy Month!



To celebrate, your OASD occupational therapy staff have some resources to share! In light of these unique circumstances we all find ourselves in, we wanted to share some ideas that would provide kiddos with opportunities for **movement** and **skill-building** that use common household items and can fit right into your home routines. There are also some resources geared towards you as parents and caregivers. Please remember to take some time to **care for yourselves** amidst all that you are doing to support your families! Thank you so much for your partnership!

♥ Your OASD OT Team: Mrs. Schmitz, Mrs. Sobotik, & Mrs. Kountz

Sensory Regulation

- [Sensory Input While Sheltering in Place](#)
- [8 Ways for Sensory Seekers to get their Energy Out](#)
- Set aside time to play and be playful--board games, building forts, walks, cleaning out the junk drawer-all can promote togetherness while accomplishing a task!

Dressing+Hygiene

- Establishing Morning Routines for Children-[Tip Sheet](#)
- [Get Dressed!](#) Tips and Modifications to Promote Success
- Teach Kids to [Blow their Nose](#). Hopefully all are healthy--a good time to practice!
- Fun in the tub--spray shaving cream on bath wall and practice letters and drawing

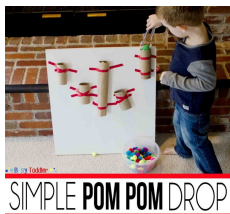
Laundry+Kitchen Fun

- [Fun with Kitchen Whisks](#)
- [Matching Game with Socks](#)
- [Simon Sock Game-Fine motor Activity + Help with Laundry](#). Win-win!
- [25 Boredom Busting Laundry Basket Games](#)
- Establishing Mealtime Routines for Children-[Tip Sheet](#)



Fine Motor Fun

- [Simple Pom Pom Drop](#)--put those used TP rolls to good use!



- Practice spelling words with Legos

