

# DIY Solutions to PT OT Challenges

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## FINE MOTOR ACTIVITIES

### COIN BANK:



Use any old (or new) container (coffee, food storage, etc) and carve in a slot; or use a coin bank. Place coins in the slot.

### MR. MOUTH:



Cut a slot into a tennis ball and create a Mr. Mouth. The child will squeeze the slot open with one hand and place small items in it with the other.

### TOOTHPICK HOLDER:



Can be found at most dollar stores. Place toothpicks into the slots.

### CHEESE SHAKER:



Place in the holes...dried spaghetti pieces, toothpicks, etc. (anything small enough for the holes).

### OTHER CONTAINERS:



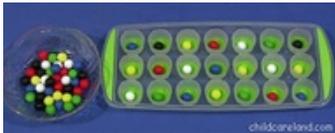
Feed pipe cleaners, dried spaghetti, or toothpick through the holes in an inverted colander



Put holes in a container (pringles, butter/margarine, coffee can). Feed objects through the holes (dried pasta, pipe cleaners, toothpicks, pom poms, beads, coins, etc.)



Put spaghetti into holes pushed into a paper/plastic cup. Thread cereal loops onto the spaghetti.



Use translation skills to pick up beads (pom poms, beans, marbles, etc.) and place one at a time in ice tray (can also use egg carton).

### PAPER CLIPS:



Paperclip papers together.

### GOLF TEES:



Push golf tees into a foam block. Balance marbles on the tees.



Push golf tees into the wreath. Available and craft stores.

### CLOTHESPINS:



TWEEZERS:



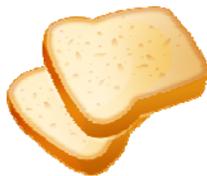
Use tweezers to pick up small items (beads, beans, pom poms, etc.) and transfer them to containers. Can sort by color, size, item, etc.

## FEEDING AND UTENSIL USE

Use a spoon to



transfer items from one bowl or cup to another



Use a fork and knife to cut sliced bread into pieces



Use a fork and knife to cut homemade or store bought Play-Doh into pieces.

## FIDGETS

### SQUEEZE BALL:



Fill a non-inflated balloon with rice, flour, beans, beads, cornstarch, sand, small pebbles, coffee beans, or aquarium rocks.

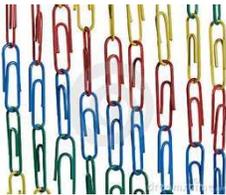
### SPONGE BALL:



Cut 3 regular household sponges (can be found at the dollar store) lengthwise into 4 rods. Gather the rods at their centers together and tie firmly (twine, rope, ribbon, cable ties, etc.). Fluff out the sponges to make a ball.

Cut 2 regular household sponges into 6 rods for smaller balls.

### PUTTING TOGETHER AND TAKE APART PAPERCLIP CHAIN:



Put them together and take them apart

### CURLY SHOELACE:



Pull apart and bunch together

# MOVEMENT IDEAS FOR SEATED ACTIVITIES



Tie theraband (or large thick elastic) around the 2 bottom legs of the chair so that the child can kick, move, etc. the band. Be sure the child's feet are on the floor. A stool or a taped up phone book may be used to set feet on.



Semi-inflate pool ring to create a “move n’ sit” to allow for movement while seated in a chair. Be sure the child's feet are on the floor. A stool or a taped up phone book may be used to set feet on.



Eliminate chair all together, and have child sit on a ball. Be sure ball is small enough that the feet are on the floor for balance and safety.

# CALMING ACTIVITIES

## MIND JAR:



Mix 1 tablespoon of glitter glue (calm color), per 1 cup of hot water, add extra glitter (I used an extra small tub).

## WEIGHTED BLANKET:

Sew 2 large pieces (or whatever size you want the blanket) of fabric on 3 sides. Measure out and sew evenly sized columns (long way) into the fabric. Then, measure and mark out even rows (short way) into the fabric. You should end up with boxes. Figure out the weight for your blanket (approximately 10% of the body weight or as tolerated). Divide that number by the number of boxes you have (so that you know how much weight for each box). Fill (with pellets and fiberfill) and sew closed each row of boxes with the divided up amount of fiberfill and pellets. Close the last opening of the blanket.

## WEIGHTED VEST:

Fill pockets with weights. Or sew weighted bags to the inside of the vest.

## WEIGHTED STUFFED ANIMALS:

Cut slit into the stuffed animal, then fill with weighted bean bags to desired weight. Sew the animal back together.

## SENSORY BAG:



Squeeze hair gel into Ziploc baggies: add fun plastic or foam items to find and/or manipulate.

Or the child can simply squeeze the baggie.

Use food coloring and place baggie on a light background to practice drawing and tracing letters

## SENSORY JAR:



Fill a clear, plastic jar with sand, beads, rice, pebbles, etc. approximately  $\frac{1}{2}$  -  $\frac{3}{4}$  of the way (depending on what other items you will add); add fun

items and mix. Let the child shake, roll, turn the jar to find the hidden items.

## TACTILE EXPERIENCES

### TACTILE CARDS:



Glue different items to cut up pieces of cardboard

### RICE BIN:



### BEAN BIN:



### SAND BIN/TABLE:



### WATER TABLE:



### SENSORY BAG:



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# MESSY PLAY

## MOON SAND:



Mix 5 cups of plain flour with 1 cup baby oil

## PLAY DOUGH:



Mix together:

1c flour

1/2c salt

1tsp. vegetable oil

1tsp. cream of tartar

1c boiling water

Knead dough for 5 minutes then add color (and/or scent) and knead again



## BATH PAINT:



- 1) Shaving cream from the can mixed with food coloring
- 2) 1 tbsp cornstarch, 4-6 pumps baby shampoo (about 1/8 c.), 2-3 drops food coloring, 1-2 tsp water

## BATHTUB PUFFY PAINT:



blend a bar of microwaved ivory soap (soap will crumble in microwave) with boiling water (added slowly) to obtain a yogurt-like consistency. Add food coloring for color. Put in plastic Ziploc baggies and cut hole or use cake piping tip.

### GAK, SLIME, OOBLECK:



Mix equal parts cornstarch and water  
(liquid when static and solid when manipulated)  
-add food coloring for a variety of colors

### SLIMEY SPAGHETTI:



add/mix food coloring with cooked spaghetti (pasta).  
Hide items in it; work on feeding utensil skills; etc.

## HANDWRITING

### WEIGHTED PENCIL

#### **What you will need:**

- A pencil or crayon
- Two rubber bands
- Hex nuts or metal washers



**How to make it:** Wrap a rubber band tightly around the pencil or crayon. Place the hex nuts onto the pencil (about 4-7). Wrap the other rubber band on the other end of the hex nuts so that they do not fall off.

### PENCIL CHARM

#### **What you will need:**

- Rubber band
- A small eraser, charm, or other small object



**How to make it:** Attach the rubber band to the pencil as shown on the first picture above. Glue the eraser or small charm to the end of the rubber band. Allow glue to dry. To use, have your child hold the small “charm” in his/her palm using his/her ring and pinky finger while he/she holds onto the pencil using his/her thumb, index, and middle fingers. This tool facilitates the development of a mature tripod grasp pattern.

## **HANDWRITER**

**What you will need:**

- 2 Rubber bands
- Charm or small object (bead, etc.)
- Pencil

**How to make it:** Attach the rubber band to the pencil with one loop on the eraser end of the pencil. Attach the other rubber band to the other end of the band attached to the pencil. Tie the small object to the second rubber band.

## **SLANT BOARD**

**What you will need:**

- 2 old three-ring binders
- 1 clipboard
- Duct tape
- Velcro strips with adhesive backing



**How to make it:** Stack the binders on top of each other and attach them together using the duct tape. Attach the Velcro strips to the top binder and to the back of the clip board. Velcro the clip board onto the top binder. To use simple, place a piece of paper on the clipboard. Encourage your child to rest his/her arm and wrist on the slant board during coloring/writing activities. Using a slant board encourages an optimal neutral position of the wrist during writing. This will facilitate more wrist/hand movement during writing tasks rather than upper arm movements.

### **RAISED LINE PAPER**

**What you will need:**

- Lined paper
- Elmer's glue



**How to make it:** Carefully trace the bottom lines (or both the bottom and top depending on your child's needs) on the lined paper with the Elmer's glue. Allow

glue to completely dry. You may also want to try using colored glue or puffy paint.

### **BUILT UP HANDLES**

#### **What you will need:**

- Foam Tubing
- Duct or Electrical Tape



**How to make it:** Simply place the crayon, pencil, or marker inside the foam tubing. If the fit is loose, wrap duct or electrical tape at the ends to secure the writing utensil in place.