

The strategies in this document are not intended to progress students towards their OT goals, but to maintain progress made. The ideas laid out here are for kids to do while at home. They are just to get started, but my suggestion would be to look at the website [Therapy Street for Kids](#) for more options for more specific concerns.

For Kids With Sensory Goals	
Movement	<ul style="list-style-type: none"> · Jumping jacks/hopping · Run/march in place · Red Light, Yellow Light, Green Light Game (Stop at red, slow down at yellow, and run at green)
Proprioception (Input for Muscles)	<ul style="list-style-type: none"> · Taking out the garbage · Loading washer and dryer with clothes · Removing blankets, sheets, pillowcases off of beds to be washed · Making beds · Vacuuming
Tactile (Touch)	<ul style="list-style-type: none"> · Shaving cream play · Uncooked rice play · Stroking soft blankets

For Kids With Handwriting Goals	
Visual & Cognitive Skills	<ul style="list-style-type: none"> · Following a recipe · Unloading the dishwasher · Setting the table · Putting away laundry, matching socks · Picking out clothes · Board Games · Card Games

Fine Motor and Hand Strengthening

- Folding laundry
- Watering plants with a spray bottle
- Playdough
- Coloring
- Peel masking tape off the table
- Anything that requires pinching your fingers!