

## **Classroom Ideas from an OT**

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### **Transitions**

- Animal Walks/Actions
  - Use board maker pictures for which animals
  - Attach to large dice and select the animal
- Dance
- Hippiity Hop ball between centers
- Wheelbarrel walk
- Balance beam between centers
- Sit and Spin and then go to....
- Crawl thru Tunnel then go to...

### **Movement Time**

- Hitting Balloons in the air
- Koosh Ball catch
- Parachute Play
- Tunnel Puzzles
  - Puzzle pieces on one side crawl thru and put together on the other side
  - One piece at a time or two, etc
- Tunnel Beads
  - Beads on one side, stringing laces on the other side
  - One bead at a time, or two. Etc.
- Puzzle Pieces around the room
- String Beads around the room
- Bean Bag Toss Games
- Sidewalk chalk outside with squirt bottles to erase (on walls or ground)
- Obstacle Courses
  - 3 or more steps
  - Directions (up, under, over, down)
  - (Catch, Toss, Roll, Crawl)
- Jump to different shapes
- Hop to different colors
- Stand on X, Sit on Circle, Hop on Triangle
- Yoga

### **Tactile Sensory Experiences**

- Various types of play dough
- Sponge paint

- Finger paint
- Paint with various brushes, materials
- Flubber/Gak
- Flour in a Balloon
- Cornstarch and water
- Shaving Cream (unscented)
- Hair Gel in a double bag thick and duct tape at the top Ziploc Bag
- Cut empty cereal boxes
- Aluminum Foil (smash it, cut it, glue it)
- Stickers or Labels (peel off and glue or stick on a project)
- Tubs of old buttons, feathers/crafts and glue for open art creations

### **Sensory Table**

***(hide small items in the materials)***

***(may use small individual sensory boxes)***

- Rice
- Beans
- Packing Peanuts
- Salt
- Sand
- Shaving Cream
- Confetti cuttings (from shredder)

### **Fine Motor Ideas**

- Tear paper into tiny pieces with both hands
- Roll items (clay, dough, paper) into tiny balls
- Place stickers on paper and draw lines from sticker to sticker
- Hang objects on a line using clothespins
- Open containers with lids
- Pound golf teem into a Styrofoam block
- Pick up toothpicks or cotton balls with tongs
- String beads onto a pipe cleaner
- Put buttons, frozen juice lids, milk bottle lids, (coin shaped diameter) into slit lid of coffee can or a oatmeal container
- Use bottles, funnels, scoops, in tactile tubs
- Practice writing shapes, lines and letters in various textures
- Color, draw, write with broken pieces of sidewalk chalk
- Use broken crayons to color
- Use golf pencils to draw