



The OT Corner



Welcome to the Occupational Therapy (OT) corner by Morse PreK-5 OTs, Peggy Tryon, Samantha Fonseca-Moreira, and Stephanie Fletcher. Our goal is to provide our Morse families with information, support, and suggestions on ways to incorporate fine motor development and sensory approaches at home. Please let us know if there is any topic you would like more information on.

Make Play Doh at home!

3 Cups Flour
1.5 Cups Salt
6 tsp Cream of Tarter
3 tbs Oil
3 Cups Water
Food Coloring (optional)

Pour all ingredients into a large pot. Stir constantly over medium heat until a dough ball forms by pulling away from sides. Knead dough until the texture matches play doh (1-2 minutes). Add food coloring if you wish! Store in plastic container. Should last for about 3 months.

What is sensory processing?

The neurological process that organizes sensation from one's own body and from the environment and makes it possible to use the body effectively within the environment. - Jean Ayres

What is self regulation?

The ability to attain, maintain, and change arousal appropriate for a task or situation.

Sensory Tools: Play Doh

Play Doh provides heavy work and deep pressure for muscles in the hands. It can often be calming, is enjoyed by all ages, and helps develop strength for fine motor skills. The ways to use Play Doh are endless! Roll it, pinch it, form letters, squeeze it.

Theraputty comes in different levels of resistance and is also enjoyed by all ages. It can assist with calming and also hand strength. www.therapro.com - Search "therapy putty"