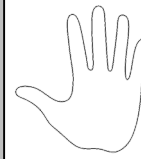




The OT Corner

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Mid-Year Pick Me Ups:

March and April can feel like long and dreary months as we wait for Spring! Between the drawn out winter and MCAS looming, your Morse Elementary OTs thought this is a great time to introduce some mid-year pick me ups! Remember, many of the activities can be adapted to meet the needs of Kindergarteners through 5th graders. Read on for strategies to help your child keep calm and engage in fun sensory indoor activities!

Make a Tactile Path Obstacle Course:

Create a path throughout the house using different textures and have kids walk barefoot, crawl, and slither along the path. To include some more motor-planning fun, have your child help build the path!

- **Texture ideas:** blankets, couch cushions, pillows, paper bags, cardboard, tissue paper, newspaper, bubble wrap, plastic bags, aluminum foil, large blocks, etc.
- **Skills:** improve tolerance for different textures, balance, sequencing, motor planning, and strength.



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DIY: Calm Down/Glitter Bottle:

Calm Down bottles are a great way to help your child self regulate. Have them shake the bottle and watch the glitter slowly settle. This is a fun activity to do with your child and provides some fine motor strengthening!

Supplies:

- Clear water bottle (ex: Voss/Smart water)
- 1 bottle of Elmer's Glitter Glue
- Glycerin
- Warm water
- Add ins: glitter, sequins, beads, jewels

How to do it:

Fill water bottle (80%) with warm water. Squeeze glitter glue (20%) into the bottle. Add 10-15 drops of glycerin (use an eye dropper if you have one!) Have your child use their index finger and thumb to pinch and add extra glitter and add ins. Have the adult superglue or duck tape the lid closed. Have your child shake to mix it up! Feel free to experiment with ratios and add ins!

Throw Aways:

- From a seated or standing position, bend both elbows and make a tight fist
- As you forcefully move arms out, open hands as if throwing something away while calling out a thought (i.e. a "throw away") that is causing you stress (e.g. being mad at a friend/sibling, feeling nervous about MCAS, etc.)