

OT Telehealth Activities For Kids

Fine Motor/Handwriting

- Coloring
- Crafts
- Cutting
- Kitchen tongs/ Cotton ball Pick up
- Coins for in-hand manipulation
- Play dough
- HWT (website free for 90 days)

Gross Motor

- Gonoodle.com
- Cosmickidsyoga.com
- Jumping jacks
- Simon Says
- Sit ups/push ups
- Cross Crawls

Self Care

- Tie shoelaces
- Meal prep
- Zip/button/snap
- Zones of Regulation

Visual

- Eyecanlearn.com
- Puzzles
- Mazes
- Artforkidshub.com
- Tying.com
- Legos
- Highlightskids.com

Sensory

- Kinetic Sand
- Brain breaks
- Computer chair spin
- Wall push-ups
- Food play
- Music/Dance parties

Games

- Guess Who
- Uno
- Spot It
- Scattegories
- Headbanz
- Zingo
- Tic Tac Toe
- Scrabble Jr.

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