

Hello Parents and Students!

Our goal in **OCCUPATIONAL THERAPY** is to help your student achieve higher levels of independence to improve performance and access in areas throughout the school including the classroom, playground, and lunchroom. We also focus on preparing the student for community living, and expand vocational and recreational options.

To find Occupational Therapy related information and ideas, check out our website:
<https://sites.google.com/graniteschools.org/occupationaltherapyhartvigsens/home>

Scan the QR code to access our website:



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Snow Day Activities



There are a lot of exciting ways to keep your child entertained in the colder weather. Here are a few ideas that we love to incorporate into our therapy sessions that you may find useful for you and your child!

Hot Chocolate Sensory Play:

You will need: A box of Cocoa Puffs, mini marshmallows, two coffee cups, measuring cups/spoons and a whisk. Pour them into a large bowl, laundry basket or dry bathtub for your child to play in.

Sugar snow picture:

You will need: Glue, construction paper, Granulated sugar and chalk. Q-tips optional

1. Draw 3 circles on paper like a snowman
2. Have your child trace or copy the circles
3. Place dots of glue with a Q-tip or glue bottle around the snowman.
4. Use a pinch full of sugar all over the paper and glue
5. Gently shake sugar off into a trashcan or sink.

ARCTIC ANIMALS YOGA



I am a moose.
WARRIOR 1 POSE



I am a walrus.
COBRA POSE



I am a polar bear.
BEAR WALK



I am a musk ox.
CAT POSE



I am an arctic hare.
HERO'S POSE with BUNNY BREATH

© Kids Yoga Stories.

Teddy Bear Parade:

Gather 5 or more teddy bears or heavy toys and place them at one end of the room. Have your child use a tray or laundry basket and have them place 1 toy in at a time in the bin and walk the toy across the room to place the toy on a chair, table or box on the other side of the room. Repeat until all toys are taken from one side of the room to the opposite. Repeat if desired.

Indoor snowball fight:

Use clean socks, towels or crumpled newspaper and place them into piles or into a basket and have a snowball fight. Have your child use both hands to throw the balls.

Family Game night:

Do a simple puzzle together, play another favorite board game, make a blanket fort, play Simon Says or Head Shoulders Knees and Toes.

Salt Dough Snowman:

Ingredients: 1 cup flour, ½ cup salt, ½ cup water, 2 tbl. Cinnamon

Directions: Combine all ingredients. You will need to use your hands to incorporate the dry ingredients into the wet ingredients. Mix until smooth and pliable.

Explore playing with the dough. Pull it apart, squish it, smell the cinnamon, poke holes and create a snowman with your child.