

HAVERHILL PUBLIC SCHOOLS- Special Education Department

Occupational, Physical and Speech Therapy

Grade Level- Middle School

The staff in the OT, PT and Speech Therapy Departments have compiled a list of therapeutic activities for you to do with your child while they are home.

Sensory	<ul style="list-style-type: none"> • Chores such as carrying laundry baskets, vacuuming, sweeping floors • Long walks with weighted backpack • Playing catch with basketball or soccer ball • Jumping jacks • Yoga poses • Wall squats • Wheelbarrow walks • Playing on swing sets • Chair push-ups • Planks • Riding bikes • Running • Meditation. There are a variety of free phone apps for meditation, calming techniques, tapping, Zones of Regulation <p>Oral:</p> <ul style="list-style-type: none"> -Crunchy, chewy or spicy snacks -Using a straw -Blowing pieces of paper with a straw -Chewing gum.
Life Skills	<p>Identify chores/life skills for your child to participate in on a daily basis such as emptying/filling the dishwasher, laundry, making bed/changing sheets, sweeping/vacuuming, cleaning bathrooms, helping with meal prep, laying/clearing table for dinner</p>
Communication	<p>Model target sounds, model target grammar, build following directions and sequencing into daily activities and games .</p> <p>While reading books and viewing movies or shows, as well as during daily activities such as meal prep and family time, answer 'Who', 'What', 'When', 'Where', 'How', inferencing and predicting questions. For example, you can say, "why do you think she did that? What do you think this other character will think of what she did? What would you do if this happened to you?"</p> <p>For vocabulary practice, while reading books or watching TV, label vocabulary while reading books and during activities, to help with categories- talk about different items in the house (food, mammals, tools, occupations, countries, habitats, measure units, school subjects, seasons, plants- Link into grade level work).</p>

HAVERHILL PUBLIC SCHOOLS- Special Education Department

Occupational, Physical and Speech Therapy

	<p>To address synonyms and antonyms, ask your “child what’s another word for ____ or what is the opposite of ____”</p> <p>Social Skills: Work on turn-taking and staying on topic during activities, conversations and playing games. Remind your child to look at your eyes while playing and talking to you!</p> <p>Problem-solving and perspective-taking (putting yourself in someone else’s shoes) can be embedded throughout the day or when conflicts arise (ask your child “How can we solve this problem together”).</p> <p>Discuss problems and solutions while reading books and watching shows/tv together. For example, you can say “wow, it looks like they have a problem! What do you think she should do? Do you think she did the right thing? What would you do if that happened to you? How do you think that made her feel?” etc.</p> <p>Everydayspeech.com is a website that has excellent resources for social skills at all grade levels, including videos, quizzes, worksheets and interactive activities. The site is focused on social skills such as conversations, problem-solving, perspective-taking, etc. Families can join for free for 30 days, and even after that, there are lots of free resources that can be used year round..</p>
Gross Motor	Outside physical activities, walking, running, kicking a ball, yoga positions, jumping jacks, ball tasks/target games, gonoodle.com
Fine Motor	<ul style="list-style-type: none"> • Color, cut, and glue activities are good for fine motor but can also be calming • Make your own playdough or slime • Use hole puncher and organize your binders • Squirt bottles to spray plants • Lacing activities • Sewing activities-help sew loose buttons • Match and roll socks from the laundry • When recycling newspaper or paper, crumple into a ball and make it a basketball challenge • Shred documents by hand by tearing into small pieces
Visual-Motor	<ul style="list-style-type: none"> • Copy a shopping list • Write/Type a note to a friend • Writing stories • Journal writing • Typing. Websites such as typing.com, ABCya, KidzType are good resources.

HAVERHILL PUBLIC SCHOOLS- Special Education Department
Occupational, Physical and Speech Therapy

Visual Perceptual	<ul style="list-style-type: none">• Grid art copying• Advanced dot-to-dots• Mazes
------------------------------	---