

## **Elementary**

### **~Occupational Therapy**

#### Hand Use, Pre-writing, Handwriting

<https://www.yourtherapysource.com/blog1/2017/05/18/children-ready-for-prewriting/>

[https://www.superduperinc.com/handouts/pdf/586\\_CrossThatMidline.pdf](https://www.superduperinc.com/handouts/pdf/586_CrossThatMidline.pdf)

<http://www.makethegradeot.com/wp/fine-motor/>

Letter formation (Spanish): <https://www.youtube.com/playlist?list=PL1D-A-8XK9b8jP-whBLGvsafyReOSsYD>

Letter formation (English):

<https://www.youtube.com/watch?v=s9oZv9W7NMU&list=PLBEC409C2DBA41561>

<http://www.makethegradeot.com/wp/fine-motor/>

#### Mealtime

<https://www.youtube.com/playlist?list=PLBccton6gOdrIKFFh-M9mf8VkPEV2ZVr>

<https://www.nchpad.org/1125/5617/Cooking~in~the~Kitchen>

<https://www.nchpad.org/1096/5538/Five~Surprisingly~Easy~Breakfast~and~Lunch~Ideas>

#### Chores

<https://www.seekfreaks.com/index.php/2018/02/06/participating-in-chores-at-home-a-facilitator-of-employment-in-youth-with-disabilities/>

### **~Physical Therapy**

#### Balance

<https://www.pinkoatmeal.com/balance-exercises-for-kids/>

<https://www.pinterest.com/pin/531847037218077528/?lp=true>

<https://www.softstarshoes.com/live-bare-blog/2015/06/23/top-10-balance-games-for-kids-of-all-ages/>

<https://www.youtube.com/watch?v=juDiMXeCULU>

<https://activeforlife.com/activities/>

## Physical Activity – Fitness

Why should your child exercise and how do we measure it? This fact sheet from CDC helps you to understand exercise guidelines, how to measure exercise intensity and different forms/types of exercise

[https://health.gov/sites/default/files/2019-11/PAG\\_MYW\\_Parents\\_FS.pdf](https://health.gov/sites/default/files/2019-11/PAG_MYW_Parents_FS.pdf)

Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Go Noodle YouTube (no login required):

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

FitBoost short movement break generator: <https://fit.sanfordhealth.org/resources/fitboost-activity>

## Positioning

<https://www.rifton.com/adaptive-mobility-blog/blog-posts/2016/may/positioning-checklist-activity-chair>