

Occupational Therapy Home Program

Please have your child work on the selected activities for at least 10 minutes 3 days per week.

- Jumping (on the floor or trampoline)
- Slow rocking – over a therapy ball, in a rocking chair, on a rocker board
- Deep pressure given between mats or blankets
- Sitting in a bean bag chair with heavy blankets or weights in lap
- Swinging- lying on stomach if possible
- Wheelbarrow walking
- Bouncing on a therapy ball
- Pushing a heavy chair or box
- Pulling a heavy object
- Tug of war
- Carrying weighted backpack/wearing weighted vest for 10-15 minutes
- Push ups/ Wall push ups
- Lifting light weights (with adult supervision).
- Animal Walks – Crab walk, bear walk, frog jumps, etc.
- Army Crawl – Use forearms to pull self forward
- Spinning on a disk swing, or Dizzy Disc
- Heavy work/ chores – laundry, emptying the trash, raking, vacuuming, erasing chalkboard