Staying Home
Some people are getting sick with the coronavirus
People might get a cough, fever, and feel tired
They will go to the doctor to feel better
We want to help people stay healthy

help

healthy
I can help by staying home
It is important to stay away from large crowds so I don’t spread germs.
I can stay with a few people
I can give people extra personal space
I will not go to school until an adult says you can
I should wash my hands with soap
I can do fun activities at home!

- play
- music
- craft
If I am sad or scared I can ask an adult for help
Relaxation Yoga Sequence

Pictures and sequence sourced from: https://www.yogabasics.com/
Mountain Pose ~20 seconds
Forward Fold ~20 seconds
Hero Pose ~20 seconds
Childs Pose ~20 seconds
Table ~20 seconds
Camel Pose ~20 seconds
Butterfly ~20 seconds
Seated Twist ~20 seconds each side
Lying Twist ~20 seconds (each side)
Knees to Chest ~20 seconds
Final Relaxation
HOW TO GROW A FLOWER

SPRING Yoga Sequencing

① Plant the Seed

② Grow into a Bud

③ Water and Sunshine

④ A flower Blooms
Progressive Muscle Relaxation
Legs

- Push legs against a wall, a physioball or a bosu ball

**LEGS**

Demonstrate the position of lifting your right leg, toes turned inward, and tightening your whole leg. Ask the child to feel the tightness in the top, bottom, and sides of your thigh, knee, calf, front and back of arch, and toes. Ask the child to do what you are doing. Ask him to feel the tight areas on his own leg. You might assist him at first by placing your left hand under his knee and pointing his toe toward his nose. Next, tell the child to gradually relax his leg by bending his knee as he relaxes. Tell him to note the difference in the way his leg feels. Try swinging his leg and tell him it should feel like Raggedy Ann or a loose clown. Repeat with the left leg.

**CRITERIA:** Child can, upon request, tighten and relax each leg. The muscles should look tight and feel tight to the touch.

**PROBLEMS:** It will be helpful to assist the child by guiding his leg; he might start off by pushing a chair with his leg or pushing against a wall and then relaxing.
Shoulders

- Staff put hands above shoulders and tell students to raise their shoulders to touch their hands.
- Put a neck pillow (weighted might help) and tell students to lift the pillow.

**SHOULDERS**

We have found that many children either frequently raise and lower their shoulders or keep their shoulders raised and tense for a short period of time. The following exercise should be helpful. Ask the child to tense by raising his shoulders. If necessary, assist him by raising his shoulders with your hands. Then ask him to relax slowly by putting his shoulders back to the relaxing position.

**CRITERIA:** Three correct trials without prompts.
Arms

- Use squeezeball while putting arm straight out
- Use hula hoop with tubing on it for group relaxation
Hands

- Squeeze pencil/craft stick with or without tubing
- Use hula hoop with tubing for group relaxation

HANDS
It has often been found that very active children or children with physical disabilities either move their hands inappropriately or are not able to tighten and relax their hands easily. This procedure is important and should be repeated twice.

Demonstrate the position of holding your hands on your lap, palms up; tighten by making a fist and say "tight." Then, gradually open your fingers and say "relax." Ask the child to repeat these movements and then turn his hands over on his lap back to the relaxing position.

CRITERIA: If the child is able to do the above 3 times successfully, he can proceed to the next step.

PROBLEMS: Ask the student to tighten his hand around your index finger or a pencil. As soon as you feel a hard squeeze, immediately say "Good, that feels tight." Then ask him to relax and shape his hands to a relaxed position. If he can do this, ask him to tighten and relax his hands without the aid of your finger or pencil. If the child's hands are too weak to squeeze your finger, refer to the section at the end of the chapter under Special Problems (page 64), and The Special Needs Child With Physical Disabilities (page 71).
Deep Breathing

Modifications:
- Use motivating, visual objects (pinwheels, straws and pingpong balls, flowers, whistles)
- Hold belly as you move it up and down to breath
- "Smell the flowers, blow out the candles"

B. BREATHING EXERCISES
One of the most important parts of the program is the breathing exercise. Demonstrate the deep breathing exercise by taking a deep breath, holding it, and then saying "RELAX" while slowly exhaling. Ask the child to imitate; say the word "RELAX" as he exhales and then ask him to say "RELAX" to himself as he exhales. Repeat this 5 times.

CRITERIA: If the child can do this successfully 5 times, then he can proceed to the next step.

PROBLEMS: Exhaling. It is often helpful to exhale on the child's hand and to have him feel the flow of air. Ask the child to try the same thing. For further aids, refer to the Special Problems section (page 64).
Other modifications:

- May need more physical assistance or prompting at first, then try to gradually decrease
- Minimal extraneous visual/auditory stimuli in the environment
- Short sessions (build up gradually)
- Visual sequence of each task

(Cautela & Groden, 1978)
Generalizing relaxation

• Different positions:
  – Standing
  – Walking
  – Lying down

• Different places:
  – Classroom when other students are doing an activity
  – In other rooms of the school (i.e.- yoga space)
  – At home

(Cautela & Groden, 1978)
Occupational Therapy Activity

FM 1: Upper Extremity Warm-Up Exercises

Functional Category: Strengthening, Self-Regulation

### Activity Goals

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<tbody>
<tr>
<td>☑️</td>
<td>Attention to task</td>
<td>☑️ Problem solving</td>
<td>☑️ Thoroughness</td>
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<tr>
<td>☑️</td>
<td>Bilateral coordination</td>
<td>☑️ Self-regulation</td>
<td>☑️ Visual attention</td>
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<tr>
<td>☑️</td>
<td>Grasping</td>
<td>☑️ Sensory processing</td>
<td>☑️ Other: Hand-eye coord.</td>
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<tr>
<td>☑️</td>
<td>Index finger isolation</td>
<td>☑️ Sequencing</td>
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<tr>
<td>☑️</td>
<td>Pre-vocational skills</td>
<td>☑️ Social awareness</td>
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### Required Supplies

Any or All of the Following:
1. Chair with no arm rests
2. Balloon (no helium)
3. Ball (large if available)

### Directions/ Ways to Modify

1. Have your child perform 10 wall push-ups.

![Wall Push-Ups Image](https://www.quora.com/What-are-wall-push-ups-good-for)

2. Have your child perform 10 chair push-ups.

3. Play volleyball with a balloon.

4. Throw a ball back and forth. (Use a large ball if available to encourage both hands.)

5. Complete 10 small and 10 large arm circles. Add hand weights (canned food/water bottles) if your child is able.
Occupational Therapy Activity

FM 9: Paper Roll Handprint Flower

Functional Category: Fine Motor

Activity Goals

- Attention to task
- Bilateral coordination
- Grasping
- Index finger isolation
- Pre-vocational skills
- Problem solving
- Self-regulation
- Sensory processing
- Sequencing
- Thoroughness
- Visual attention
- Other: Scissor Skills

Required Supplies

- construction paper in green and floral color
- toilet paper roll
- green paint
- scissors
- glue
- paint brush
- pencil for tracing
- construction paper in green and floral color

Directions/ Ways to Modify

1. Have your student help gather all of the necessary supplies; modify as necessary based on what you have at your home
2. Have your student paint the paper roll green and let dry
3. Trace or have your student trace their hand on a piece of construction paper of their choice
4. Cut two lines in the paper roll, one directly across from the other approximately ¼ of the way down the roll
5. Place the handprint in the slits of the paper roll
6. Cut two leaf shape objects from green construction paper
7. Glue the leaves to the bottle on the paper roll
8. Enjoy
You can pre-make various shaped flowers and have the student pick and trace what shapes they would like to use.

Image and idea from www.easypeasyfun.com
Occupational Therapy Activity

FM 3: Yarn Hair

Functional Category: Fine Motor

Activity Goals

- Attention to task
- Bilateral coordination
- Grasping
- Index finger isolation
- Pre-vocational skills
- Problem solving
- Self-regulation
- Sensory processing
- Sequencing
- Social awareness
- Thoroughness
- Visual attention
- Other: Scissor skills
- Other: Pre-writing

Required Supplies

1. Cardstock, paper, or construction
2. Scissors
3. Yarn, ribbon, or string
4. Marker or pencil
5. Single hole punch

Directions/ Ways to Modify

1. Have the child participate in selecting the materials needed to complete each step.
2. Make a model of the craft or have pictures available for the child to reference for positioning of facial features.
3. You can have your child copy or trace shapes for the face, eyes, nose, and mouth.
4. Encourage your child to identify colors for hair and eyes.
5. You can work on counting the number of holes and then the number of needed pieces of yarn.
6. Encourage the child to identify their facial features while completing the craft “Where are your eyes?”
7. You can add googly eyes or cut out different eye and mouth options if drawing/tracing is too difficult or to practice gluing.
8. Make faces with different emotions—match the hair color to the color “zone” for each emotion.
9. If your child tends to hold crayons and markers with their whole hand, you can use broken crayon pieces to encourage fine motor grasps while tracing and drawing the faces.
YARN HAIR CUTTING ACTIVITY
LEARNING SCISSOR SKILLS

https://toddleratplay.com/2019/05/10/yarnhaircuttingactivity/
How to Make a Volcano

What we will need:

- 1 square of cardboard
- 1 plastic bottle
- Strips of newspaper
- 1 big bowl
- 2 cups flour, depending on the volcano size desired
- 2 cups water
- 1 fork or spoon to stir with
- 1 pair of scissors
- 1 roll of masking tape
Directions

• Place the bottle in the center of the cardboard.
• Run strips of masking tape from the top of the bottle to various points near the edge of the cardboard. Try to make them equal distance from the bottle
• Mix the flour and water in the bowl
• Tear strips of newspaper
• Dip strips of the newspaper into the mixture. Run it between 2 fingers to take off any excess mixture.
• Drape the strips between the masking tape strips.
• Once the whole thing has been covered, let it dry over night.
• Paint the completed volcano.
Place the bottle in the center of the cardboard.
Run strips of masking tape from the top of the bottle to various points near the edge of the cardboard. Try to make them equal distance from the bottle

[Image: masking tape, bottle, cardboard]
Mix the flour and water in the bowl
Tear strips of newspaper

Dip strips of the newspaper into the mixture. Run it between 2 fingers to take off any excess mixture.

https://www.instructables.com/lesson/Paper-Mache-With-Flour/
Drape the strips between the masking tape strips.

Once the whole thing has been covered, let it dry over night.

https://www.vivaveltoro.com/make-paper-mache-volcano/
When it’s all dry…
Paint the completed volcano

https://www.bluebearwood.co.uk/papier-mache-volcano-with-storage-core/