

Occupational Therapy activities for Home Learning

COLOURING



BOARD GAMES



JIGSAWS AND PUZZLES



LEGO

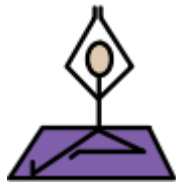


EXERCISE



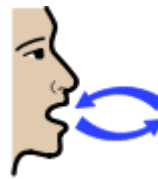
e.g. running, skipping,
bike riding, scooter
riding, walking, PE with
Joe Wicks

YOGA



e.g. cosmic kids yoga,
Asanas Bananas daily
yoga

BREATHING AND RELAXATION



e.g. Headspace, Calm,
Insight Timer apps

DANCING



e.g. justdance on
youtube

MUSIC



PLAY DOUGH



PAINTING



COOKING AND BAKING



CUTTING PICTURES OUT WITH SCISSORS



e.g. print for free from
Twinkl

AUDIO STORIES



e.g. World of Walliams,
audible

READING



e.g. magazines, books

SCHOOL WORK



e.g. school website and
you tube channel