



Activities for Younger School-Age Children

Cognitive-Perceptual

- Differentiate between similar shapes and letters.
- Practice identifying what part of body is being touched when eyes are closed.
- Copy complex block designs and assemble puzzles with numerous pieces.
- Use constructional or building toys to create objects upon request, i.e. castle, door, car, tree, etc.
- Practice simple visual worksheets to find hidden pictures or words or complete mazes.
- Practice following directions for the right and left sides of the body, i.e. right hand touches left ear.

Fine Motor

- Practice copying the alphabet and writing in sequence as it is learned.
- Practice writing name with lowercase letters and using lines as guides for proper placement.
- Draw simple pictures to go along with the stories they tell about their day.
- Practice drawing shapes within or overlapping other shapes.
- Draw a person with major body parts.
- Copy sentences from book and from a distance.
- Practice twirling a pencil in one hand without the help of the other.

Gross Motor

- Practice standing up from floor without using hands.
- Practice imitating animals like a bear, crab, frog, horse, or kangaroo across the length of a room.
- Bounce a ball around cones, a simple obstacle course, to each other, or against a wall.
- Practice catching and kicking a ball at the same time.
- Practice walking with the feet touching the heel of one to the toe of the other in a straight line.

Language

- Practice recalling family members names and how they are related.
- Encourage the child to explain rules of a game to other players.
- Engage the child in conversations.
- Request the child to recall movies in sequence.
- Give the child a set of multi-step directions to follow to find an object or prize.

Self-care/Activities of Daily Living

- Practice tying shoelaces and tying and untying knots and bows.
- Encourage independence with brushing hair and teeth and getting dressed.
- Encourage independence with using a knife to spread food.
- Practice manipulating buttons with eyes closed to improve skills when eyes are open.
- Provide a small list of simple chores.

Social Emotional

- Play card and board games for social play with peers and family members.
- Encourage naming the favorite part of the day, the part that was not liked, and what they are looking forward to the next day.
- Engage the child's sense of humor with silly rhymes or songs and riddles.
- Provide attention and praise for work completed.
- Encourage responsible play with younger children.