



Ridgefield Public Schools

...valuing each and every student

455 Shaler Blvd., Ridgefield, NJ 07657
201-313-2476 Fax: 201-313-5779

Rory McCourt
Superintendent of Schools

Occupational Therapy Department

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Dear Parents and Guardians,

Enclosed you will find a list of Occupational Therapy activities that you can work on with your child at home for improving fine motor, shoulder stability and strength in your child's upper extremities (forearm, wrist, hand and digits). Please take the opportunity to use the activities provided and have fun practicing these skills!

- Opening and closing plastic containers of various sized lids
- Opening mini clothespins and placing them on the side of a board/cardboard
- Unscrewing and screwing various caps on small and large sized bottles
- Squeezing and wringing water out of a large sized thick sponge or washcloth in repetition
- Playing with legos – attaching and pulling them apart
- Popping large or small air bubbles from bubble wrap using a pincer grasp (thumb and index finger)
- Tearing heavier types of paper such as cardstock paper using digits
- Crumpling newspaper or magazine pages into a ball– the more pages (2-3) the more strength needed to be applied to hands
- Tearing apart, squeezing, rolling and/or pushing fingers into molding clay, playdoh, theraputty
- Pushing and pulling apart beads
- Cutting large/thick straws or rolled out playdoh into small pieces with scissors
- Weight bearing exercises – wheelbarrow or crab walking
- Playing tug of war
- Pushing and/or carrying age-appropriate heavy objects such as a box, grocery bag, large food cans, liquid detergent
- Drawing, coloring, writing / tracing on vertical surfaces or on belly while on the floor with arms propped up (this strengthens proximal stability in the shoulders)
- Climbing (monkey bars, ladder, jungle gym, rock wall) on playground equipment is beneficial for improving upper body strength
- Pulling against several strips of heavy duty Velcro (you can place strips on a board or folder)
- Squirting water from a spray bottle repeatedly pulling trigger
- Wiping a table surface with paper towel or wipes
- Squeezing glue out of a glue bottle in designated sections of the paper
- Using tongs or tweezers to pick up an object with their dominant hand while inserting it in a container held in his left.

I hope you'll find these suggestions helpful! Feel free to email me at dlara@ridgefieldschools.com if you have any further questions. Have a great day!

Diana Lara, MS OTR/L
Occupational Therapist