

# PHYSICAL THERAPY HOME ACTIVITIES

School isn't in session? Then let's work on gross motor, bilateral coordination, strengthening!

The following activities are quick activities that each work on a variety of important skills!

Each activity should take between 5-20 minutes each.

**\*\*Parent supervision is needed for all activities.\*\***

# BUILD AN OBSTACLE COURSE

1. Use household items and furniture to build an obstacle course!
2. Use couch cushions, blankets, and chairs to make tunnels and “stepping stones”
3. Place puzzle pieces on one side and a puzzle on the other
4. Have your child go through the obstacle course and place the pieces on the puzzle



# FLOOR TIME

1. Laying belly down on the floor is another great way to strengthen the upper body/core muscles and is also a great way to encourage proper wrist positioning for writing activities.
2. Most activities can be done on the floor:
  - a. Drawing/coloring
  - b. Games
  - c. Puzzles
  - d. Fine motor activities
  - e. Sorting laundry with mom and dad
  - f. Playing with toys



# PLAY OUTSIDE!

1. Draw/color/write with chalk
2. Collect and sort rocks, leaves, and sticks
3. Use sticks and stones to form letters or shapes
4. Blowing and popping bubbles (works on isolating fingers!)
5. Go to the park or play in your backyard
  - a. At this time, it is not recommended to play on playground equipment unless it is in your backyard and not touched by other children
  - b. However, riding bikes, walking, running, skipping, jumping, hopping, completing jumping jacks and other non physical contact activities are all excellent activities to complete at the park



# VOCATIONAL SKILLS FOR ALL AGES

1. Have your child participate in household chores with you when they are home!
  - a. Folding towels/clothes
  - b. Sweeping and using the vacuum
  - c. Wiping down tables
  - d. Cleaning windows
  - e. Putting their clothes and toys away
  - f. Putting clothes in the washer
  - g. Cleaning dishes
  - h. Cooking simple meals or snacks



# BALL SKILLS

## **1 – Toss bean bags(rolled socks), small balls into baskets**

Provide laundry baskets. Tossing **objects** into the target. Use underhand and overhand. Throw to knock over stacked empty boxes.

## **2- Use balloons**

toss the balloon and catch it so that it never hits the floor, tap with hand, elbow, head.

Balls -kicking stationary, rolled ball, dribbling. Catching, throwing, bounce and catch and drop