

Occupational Therapy Advice for Period of School Closure



During a period of school closure, it can be hard to maintain routine and structure in the home. Here are some tips to help you do so and hopefully ease this difficult time:

1. Use visual aids and established strategies to help your child understand why there is no school
2. Maintain consistent wake up, sleep and meal times
3. Complete all self-care tasks (ex. Brush teeth, have breakfast, etc.) and routine in the morning and before going to sleep as would normally be done
4. Create a plan for each day and try to stick to it (we all know this can be very difficult!)
5. Continue to use visual aids to communicate your plan to your child and any changes that may arise
6. Incorporate a variety of structured activities into your daily plan (ex. Indoor/outdoor exercise, baking, craft) including self-care, productive *and* leisure activities
7. Allow down-time (ex. Watching TV, listening to music) into your day's structure
8. Use strategies on the next page to help your child regulate throughout the day.

child's name _____		date _____		<p>StickKids Muscles, Motion 'n Touch</p> <p>Summary Planner</p>
therapist _____	teacher _____	parent _____		
location _____				

Motion

These activities most often alert and organize the mind and body, but they can also over alert. To avoid over alerting, follow up with Pressure or Heavy Work activities.

<p>classroom exercises</p>	<p>skip rope</p>	<p>swing</p>	<p>finger 'n hand gadgets</p>	<p>movement break</p>	<p>bouncy action songs</p>
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Pressure 'n Touch

These activities act as a "magic pill" as they calm and settle the child's nervous system and behavior. Use as a get ready, regrouping, or transition strategy. Often used after Motion activities.

<p>theraputty or playdough stuff</p>	<p>heavy weight</p> <p>vest</p> <p>backpack</p> <p>lap pillow</p>	<p>mini pushes desk, chair or wall</p>	<p>push 5s</p>	<p>gentle helper squishes</p>	<p>hand muscle massage</p>
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Heavy Work

Heavy Work activities involve muscle effort. The effort and resistance activities of push, pull and pressure are calming; and the Motion is alerting; resulting in a nice mix.

<p>heavy work push 'n pull</p>	<p>crab bridge</p>	<p>snowball "crunches"</p>	<p>critter crawl</p>	<p>sea saw sit ups</p>	<p>climbing</p>
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Suck Chew 'n Breathe

These activities both alert and calm the child helping to organize the mind and body. They will also help the child to listen and focus. These activities are easy to forget, but are primary stabilizers.

<p>crunchy chewy snacks</p>	<p>deep breath, now relax!</p> <p>One more time</p>	<p>mouth chewies or gum</p>	<p>straw sucking</p>	<p>"blowing"</p> <p>bubbles, whistle, recorder</p>	<p>electric toothbrush</p> <p>vibration</p>
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Retreat

These activities calm the sensory sensitive child by reducing sensory overload: too bright, too loud and too busy. Retreat activities help create a quieter, less overwhelming environment for the child.

<p>quiet down time place</p>	<p>quiet time together</p>	<p>quiet work place</p>	<p>retreat my special place</p>	<p>office duty go for a walk</p>	<p>it's all too loud, bright 'n busy</p> <p>Try hat? shades? ear set?</p>
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Tips Tools 'n Doing

Supplies strategies for task and tool modification in daily "doing it". Activity analysis and task modification can improve risk taking, "on task" behavior and self esteem.

<p>ball throw, kick 'n catch</p>	<p>building</p>	<p>draw 'n print</p>	<p>move 'n do circuits</p>	<p>puzzles</p>	<p>yoga or t'ai chi</p>
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