



April

Occupational Therapy News
2020

Dear Students,
I miss all of your smiling faces and look forward to seeing you all as soon as permitted. In the meantime, please practice the skills we have been working on during OT at home! And please remember to use good personal space and good hygiene and handwashing techniques!

~Ms. Ky, OT

Students please send me a note or type me an email or ask if you can give me a call! Families can contact me for any additional resources or questions.

Contact information:

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Daily OT Resources:

Fine Motor Skill Practice

- practice cutting on cardstock or thicker paper
- remember thumbs up when cutting and your thumb always goes in the bigger side
- cut away from your body and whichever hand is dominant, that is the side you start cutting on
- practice cutting:
 - *straight lines
 - *curved lines
 - *simple shapes
 - *cut coupons out of the paper

Hand Strengthening and Dexterity

- string beads on pipe cleaner or shoelace
- string noodles on a shoelace
- clip clothespins on the end of folder
- pick up change from the tabletop and put in your piggybank
- peel stickers off and place on calendar
- practice touching each finger to your thumb

Body Awareness and Gross Motor Skills

- *Practice yoga poses
- *Play Head Shoulders Knees and Toes
- *Build Mat Man or Draw Mat Man
- *Practice Animal Walks

RESOURCE LINKS TO EXPLORE:

www.toolstogrowot.com
www.therapysource.com
www.integratedlearning.com
<https://www.lwtears.com>