

OT @ Home

Sidewalk Chalk



Playing with sidewalk chalk promotes both fine-motor and gross motor development!

Incorporating structured activities can help target letter & shape recognition, coordination and problem solving skills.

Obstacle Course



Bridge or Balance Beam
Try walking forward, sideways, or backwards without “falling” off.



Bear Crawl
Try adding your favourite animal walks to the course.



Hopping
Hop or Jump from shape to shape.



Spiral Walk
Walking a spiral helps develop body awareness and balance.



Agility Ladder
Step, hop, or jump over the lines forwards, backwards and sideways.

Letter & Shape Recognition



Letter Practice
After printing letters try “erasing” them by going over the lines with a wet paintbrush.



Letter Recognition
Strengthen hands by using a spray bottle to target specific letters. (also works with shapes!)



Shape Recognition
Try moving between or throwing beanbags to land on the different shapes. (Also works with Letters!)

