

## Occupational Therapy Passport

### Calming

Outcome: to maintain a more regulated state & reduce anxiety / frustration

- Blow bubbles; blowing feathers / cotton balls; drink a cold drink through a straw
- Make your own sensory bottle (water, oil, beads, glitter etc)
- Engage in some stretches or yoga  
<https://www.youtube.com/user/CosmicKidsYoga>
- Squeeze something e.g. a ball, cushion / pillow, soft toy, or make your own squishy <https://www.youtube.com/watch?v=q9yi-zluTSo>
- Occupy yourself in an activity that is repetitive or needs your focus e.g. threading, pressing buttons / switches, colouring, jigsaws
- Get wrapped up in a blanket or on a beanbag and have some quiet time

### Movement

Outcome: to increase physical activity and proprioceptive sensory input, which supports regulation & promotes body awareness

- Complete an online exercise class e.g. [PE With Joe - YouTube](#) or [THE GREATEST SHOWMAN kids class with Oti Mabuse & Marius Iepure - YouTube](#)
- Create an obstacle course at home
- Do as many wall push ups or chair push ups as you can in 30 seconds
- Jog on the spot for 30 seconds
- See how many star jumps you can do in 30 seconds
- Use some food cans or water bottles to do some weights e.g. [ARMS exercise - Kids workout at home kids/teens](#) [workout für kinder - YouTube](#)

### Core Strength

Outcome: to increase stability and balance, making us more stable and coordinated in all our movements and actions

- Complete one of your class activities in high kneeling rather than seated on a chair
- See how long you can hold you balance seated on a gym ball or a pile of cushions (keep feet flat on the floor)

- Swap walking for crawling every time you need to move between two of the rooms in your house (excluding any stairs!)
- See if you can get in a superman position or a plank position – see how long you can hold the pose for! Superman = lay on your tummy with your arms stretched out in front of you, lift your arms so your chest comes off the floor too & you should look like your favourite superhero. Plank = lay on your tummy with toes on the floor and hands flat at shoulder level, then push up with your hands and try and straighten your arms – your body should now be off the floor.

## Hand Strength

Outcome: to build strength in hands & fingers, promoting grasp and manipulation of objects

- See how many household items you can find that you can squeeze e.g. pillows, sponges, soft toys etc and give them a good squeeze for 5-10 seconds, release, and then squeeze again
- Use clothes pegs to pick up items / toys / beads / torn bits of paper etc and move them from one pot / box to another; or see how many pegs you can peg along a piece of card or paper
- Make playdoh at home (if you have ingredients available: 1 cup flour, ½ cup salt, ½ cup water) – squeeze, roll, or model into shapes / structures
- Make a 'bowl' / 'cup' with your hands, maintain the shape and ask your adult to fill your hand with small items (coins, beads, buttons etc) - see how many you can hold without dropping them or guess how many you will be able to hold
- Loop an elastic band or bobble around your thumb & index finger and stretch it apart; repeat with the index finger and middle finger
- Threading / poking – use beads or pasta to practise threading or poke fabric or pipe cleaners through a net / box with holes made in it / colander etc.