


Meaningful Occupations



As OTs, we are aware of the importance of occupation. Meaningful occupations give us structure and purpose to our days and the current situation means that for many of us, we may have lost some of these occupations.




Our children aren't able to attend school, go to their hobbies outside of the home or visit family and friends. Now might be a good time to learn a new skill, perhaps your child could work on one of their goals that they had recently chosen, such as learning to tie their shoelaces or use a knife and fork. There are many useful resources online that can help to teach these skills and bring some of these occupations into the home environment.




We hope you find the following links useful and of course do contact us (or your child's Occupational Therapist) on info.wicklow@enableireland.ie if you have any questions!

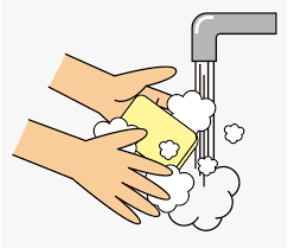
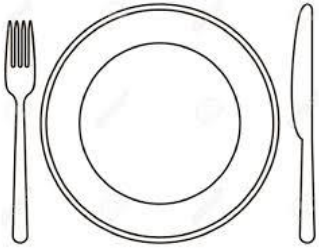
As always, children should be supervised during all activities and only choose activities that you feel your child is able for.

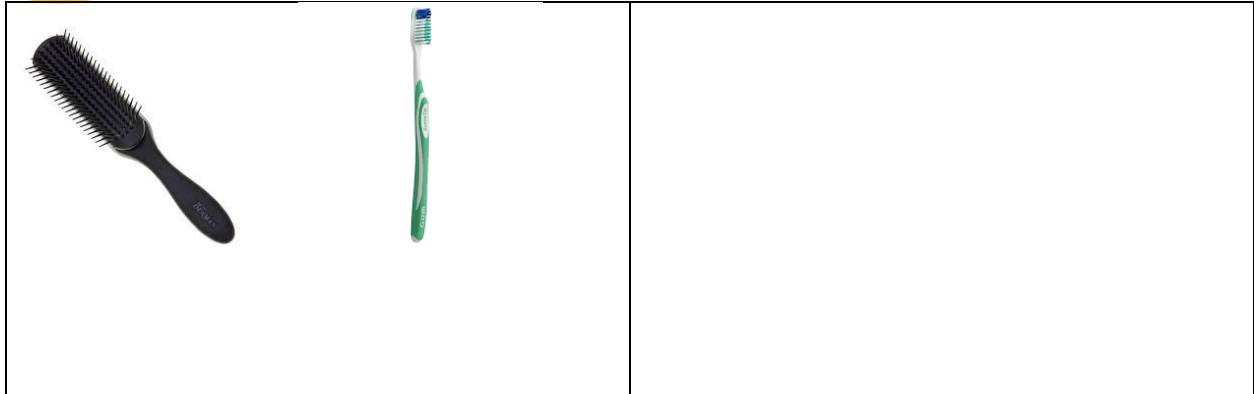
<u>Website link</u>	<u>What skills does this work on?</u>
<p>Boom Snap Clap</p> <p>https://youtu.be/IBSteR_0vdQ</p>  <p><small>shutterstock.com • 693970165</small></p>	<p>Memory</p> <p>Co-ordination</p> <p>Sequencing</p> <p>Team Work</p> <p>Balance</p> <p>Bilateral skills</p>
<p>Visual Scanning Hippity Hoppity Ball course</p>	<p>Visual skills</p> <p>Balance</p> <p>Co-ordination</p>

<p>https://www.youtube.com/watch?v=G_Tn7NeLgko&feature=youtu.be</p> 	<p>Sequencing and planning Object recognition Core strength</p>
<p>Yoga for beginners</p> <p>https://www.youtube.com/watch?v=C_Bko9JPMtHs&feature=youtu.be</p> <p>Yoga at your desk:</p> <p>https://www.youtube.com/watch?v=tAUf7aajBWE#action=share</p> 	<p>Co-ordination Stretch Balance Strength Relaxation</p>
<p>Lacing skills</p> <p>https://www.theottoolbox.com/lacing-cards-and-fine-motor-skills/</p>	<p>Preparation for learning how to tie your shoelaces</p>

	
<p>Buttons, zips and laces</p> <p>https://www.youtube.com/watch?v=e_hwqHLLJY5Y</p> 	<p>Fine motor skills</p> <p>Independence skills</p> <p>Finger strength</p> <p>Precision</p> <p>Planning</p> <p>Bilateral co-ordination</p>
<p>Tweezer activity</p> <p>https://www.youtube.com/watch?v=lx_a_Kc-reJ8</p> 	<p>Counting</p> <p>Colour recognition</p> <p>Precision</p> <p>Hand strength</p> <p>Developing tripod grasp which is important for holding a pencil</p>
<p>Theraputty</p>	<p>Hand strength</p> <p>Dexterity</p>

<p>https://www.youtube.com/watch?v=bvRpYXrXsQw</p> 	<p>Pincer grasp Bilateral coordination</p>
<p>Fine motor activity kit</p> <p>https://www.nhsggc.org.uk/media/250743/fine-motor-activity-kit_edited.pdf</p> 	<p>Hand strength Dexterity Precision Body awareness Sensation Proprioception Visual skills Motor planning Bilateral co-ordination</p>
<p>Astronaut training</p> <p>https://www.youtube.com/watch?v=S5fyUq5Xk1g&feature=emb_title</p> 	<p>Gross motor skills Balance Co-ordination Listening and following instructions</p>
<p>Why we wash our hands</p>	<p>Personal care skill</p>

<p>https://www.youtube.com/watch?v=GxloJu5JtK4&feature=emb_title</p> 	<p>Sensation Independence Planning</p>
<p>Learning to use a knife and a fork</p> <p>https://www.youtube.com/watch?v=cau5cevLg2U</p> 	<p>Feeding skill Independence Bilateral co-ordination</p>
<p>Learning to brush your teeth and your hair</p> <p>https://www.youtube.com/watch?v=OKyOVrAPMZA</p>	<p>Personal care skill Independence Oral sensory activity</p>



We hope you enjoy some of these activities and they help your child to achieve their goals!

Wicklow OT team.

May 2020.