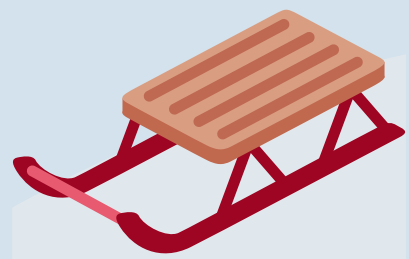


Winter Activities to Target OT Goals



Sledding

Provides opportunities for kids to work on impulse control (Don't go until I say ready set "____"), core strengthening



Ice Skating

Ice Skating: gross motor coordination, balance, and you can play games while skating that target impulse control, and following directions such as ready set go, and red light green light.

Hockey (pond): all the benefits of ice skating including following directions, emotional regulation when it comes to winning/losing a game and following rules



Building a Snowman

Sequencing a 3+ step task, attention to task/details, fine and visual motor skills with putting on the accessories, arms, and making the face. Heavy work when rolling snow for the body.



Snow Angels

Provides opportunities for kids to work on impulse control (Don't go until I say ready set "____"),

Winter Activities to Target OT Goals



Snowshoeing

Sequencing to put on snowshoes, coordination, and balance.



Making a snow fort/Snowball fight

Bilateral hand coordination, manipulation of snow, throwing over hand or underhand, upper extremity strengthening, target/aim practice and emotional regulation if the fort doesn't go the child's way.

Sensory: proprioceptive input provided and force modulation.



Winter Obstacle Course

You can make your own obstacle course outside by creating obstacles with the snow, adding snow equipment, and/or completing gross/fine motor tasks in the snow!



Shoveling Snow

Heavy work and sensory: proprioceptive input to body, force modulation, upper extremity strengthening