

Peekskill City School District

Special Services

**Occupational, Physical, Speech Therapy,
Social Emotional Learning and Wellness Tips &
Activities for Families
Oakside Elementary School
(Grades 2-3)**

Oakside
Elementary School



March 2020

Occupational Therapy

Activities and Tips

Grades 2-3

- **Sensory/Total Body Strengthening:**

- GoNoodle.com
- Playground (swings, slide)
- Rice bucket/ Sand table
- Children's yoga

- **Fine Motor Skills:**

- Play-Doh (cut, roll, squeeze, pinch)
- Painting
- Legos (big or small)
- Cooking helper (stirring, pouring, opening packages)
- Encourage independence (feeding, dressing)
- Hole punch activity using cardstock (will encourage cutting skills, plastic hole punchers are easier for children)
- Tweezers, tongs (make a game out of picking up small items off floor or table)
- Hiding/finding small items inside model magic/playdoh (ie; beads, gems..Make a treasure hunt out of it)
- Ripping paper into tiny pieces
- Squirt bottles/Eye droppers/ squeezing sponges (will encourage cutting skills)
- Pouring water, sand, rice
- Remove lids from jars
- Origami or folding paper
- Playing cards- stack or flip over cards
- Paper Scrunch- squeeze paper into balls and use to throw at a target

- **Visual Motor Skills:**

- Puzzles (interlocking puzzles with 16- 24+ pieces)
- Play I Spy (around the house, outside)
- Laundry helper (sort by color/item)
- Building legos and block towers from a visual model (block designs)

- **Strengthening Exercises with Upper Body Weight Bearing:**

- Wheelbarrow walking
- Animal walks (seal, bear, dog)
- Holding the plank position
- Hanging from a bar (play ground or pull up bar)
- Donkey kicks – Have the child bend forward to place his hands on the floor and then kick his legs up behind them like a donkey
- Coloring/writing on vertical surface such as wall to develop shoulder strength

Occupational Therapy Websites:

Therapy Fun Zone:

<https://therapyfunzone.net/blog/about/links/ot-blogs/>

- OT blogs and websites that provide ideas for activities, and handwriting strategies and techniques.

The OT Toolbox:

<http://www.theotttoolbox.com/>

- Occupational Therapy ideas, crafts, handwriting and cursive writing activities, for visual perceptual skills and sensory processing.

Print Path:

<http://printpath.org/>

- *Print Path* provides fun and engaging methods for children to learn essential fine-motor and self-regulation skills.

Go Noodle:

<https://www.gonoodle.com/>

Physical Therapy Activities and Tips

Parents and family members are encouraged to move together. Any exercise program you engage in, you can do with your child - simple exercises, yoga, jogging, dancing, light weights. Exercise and do movements during commercial breaks. “Who can hold plank the longest” “Who can do the most squats?” If you love to dance, dance with your child!

Have your child assist you in household tasks! Carry laundry baskets for arm strength! Putting objects away- from floor to drawers, from floor to shelves - squat to stand. Cleaning and Yard work is a good way to work on your muscles.

1.. Outdoor Play

- a. Neighborhood Walks
- b. Playground
- c. Hikes in the Woods
- d. Looking for Leaves; birds, squirrels.

2. Simple Motor Activities for Whole Body

- a. Family Dance Parties
- b. Scavenger Hunts around the house -
 - Look for letters / sight words
 - Count objects
- c. Put string or yarn around furniture
 - Crawl under
 - Step over
- d. Put paper plates or mats on floor
 - i. - play “the floor is lava” , jump, step from each object without touching the floor.
- e. Animal Movements /Walks
 - i. - move like animals, walk like animals

3. Jumping Activities

- a. Trampoline

- b. Painters tape on floor to jump over
- c. Small items (soft blocks) on floor to jump over
- d. Place numbers / letters/ shapes/ words high on wall to jump to
- e. Jumping down from low step stools to targets on the floor.

4. Standing on One Leg

- a. Make towers of soft blocks, kick them down
- b. Using numbers, letter and shapes low on wall to kick to
- c. Kicking balloons

5. Stairs

- a. Stepping up and down small stools.
- b. Stepping up over small obstacles, switching feet as you step.

6. Balance Activities

- a. Painters tape on the floor in various patterns; walking on tape and over obstacles
- b. Paper plates on the floor and “skate” on the plates.

7. Family Game Night

- a. Play Charades - make up various people, place and objects to imitate
- b. Freeze Dance Games
- c. Pictionary - and move as well as draw
- d. Exercise Challenges - think of various ways to “compete” to move
- e. Relay Races

Speech and Language Activities and Tips For Early Childhood (Grades 2-3)

Ways to Encourage Language Development

Parents play a critical role in a child's language development. Studies have shown that children who are read to and spoken with a great deal during early childhood will have larger vocabularies and better grammar than those who aren't. Here are some simple ways to nurture your Child's language development.

TIPS TO BUILD SKILLS

Listening

- Follow 3-4 oral directions in order like “Stay in your seat, eat your breakfast”
- Understands words about place and time like on top of, behind, next to, before, after, today and yesterday.
- Answers questions about a story.
- Understands what is taught in class.

Talking

- Answer more complex yes/no questions about a story
- Answers “what” “where” “when” “Who” questions about a story.
- Give directions with 3-4 steps.
- Ask your child what his/her opinion is and have them respond with, “In my opinion, I think/I like/ I do not like because...”
- Talk to your child often.
- Read a variety of books to your child.
- Talk about the stories together.
- Talk about how things are the same and different.
- Help your child listen to sound patterns in words – rhyming games are good for this.
- Ask your child to tell you 1 or 2 things that happen each day.
- Talk about new words you hear.
- Give your child pencil and paper to practice writing

- Do projects with your child like arts/crafts, folding laundry, washing the car. As you work together, talk about what you're doing. Give your child directions to follow.
- Find interesting books, magazines and news
- Encourage active listening, like forming opinions and making connections to daily life.
- Discuss links between what's read and heard at school, home and in other daily activities.
- Understand and talk about how to solve problems when reading.
- Spot spelling patterns including word beginnings
- Talk about new words that he/she hears.
- Write letters, journal entries, blogs short stories for fun.

These websites are filled with all types of activities that will continue to support speech and language skills.

- www.speechandlanguagekids.com
- www.home-speech-home.com
- <http://newsela.com/> (Articles for ELA learning))
- <http://www.brainpop.com/> (Videos for learning)
- <http://www.dogonews.com/> (ELA current events)
- <http://www.raz-kids.com/> (Online guided reading program)
- <http://www.timeforkids.com/> (Articles for ELA learning).

Ways to Encourage Language Development

- **1. Talk, talk, talk.** Narrate the day as it evolves. Tell your child, for instance, "Now we're going to take a bath. Can you feel the warm water on your belly? When we dry off, we'll get dressed and take a walk."
- **2. Read, read, read.** It's never too early to read to your baby. One good predictor of future reading success is the amount of time parents spend reading with their child. Parents can start with simple board books and graduate to picture books and longer stories as their child gets older. Storytimes at the local library/ Field Library, or bookstore can also help a preschooler develop a love of books.

- **3. Enjoy music together.** Young children love music and movement. When they listen to lively songs, like "Old McDonald Had a Farm," they learn about the world around them and the rhythm of language.
- **4. Tell stories.** Make up elaborate stories with characters, conflict, adventure, and a happy ending. Be sure that the stories fit your child's interests and aren't too scary for her liking.
- **5. Follow your child's lead.** If your little one seems interested in a particular picture in a book, keep talking about it. If she seems intrigued by a boat, show her more boats and talk about them, too. You can even try recording your child on a tape recorder and playing it back.
- **6. Never criticize your child's articulation or speech patterns.** Instead, repeat his statements back to him with the correct pronunciation of word usage. Give your child lots of praise for his efforts.
- **7. Use television and computers sparingly.** The American Academy of Pediatrics recommends that children younger than 2 not watch television at all, and that children 2 and older view no more than two hours of quality programming a day. While some educational programs can be beneficial to kids, TV shows don't interact with or respond to children, which are the two catalysts kids need to learn language. Computer games are interactive, but they aren't responsive to a child's ideas.
- **8. Treat ear infections thoroughly.** Children in group child-care situations are more prone to ear infections, which can put them at risk for hearing loss and, consequently, language delays. If your pediatrician prescribes an antibiotic to treat an infection, make sure your child takes the correct dosage each day and uses it for the full prescribed time. When your child finishes the prescription, schedule a follow-up visit with your pediatrician to make sure the infection has cleared.
- **9. Go on field trips.** A trip to the zoo, the aquarium, or a children's museum will open up a whole new world for your child. As an added bonus, she'll want to learn the names of all those fascinating creatures and fun activities she experienced.

Please practice the following word lists:

Irregular Past Tense Verb Review

<u>Present Tense</u>	<u>Past Tense</u>
get	got
drink	drank
run	ran
go	went
make	made
sit	sat
eat	ate
fall	fell
drive(s)	drove
buy	bought
read	read
come	came
writes	wrote
draw	drew
fight	fought
sing	sang
break	broke
dig	dug

sinks	Sank
<u>Present Tense</u>	<u>Past Tense</u>
bites	bit
hang	hung
rises	rose
cuts	cut
hits	hit
choose	chose
teaches	taught
send	sent
does	did
stand	stood
bring	brought

Regular Past Tense Verbs

<u>Present Tense</u>	<u>Past Tense</u>
wishes	wished
visit	visited
snores	snored
crawls	crawled
sail	sailed
helps	helped

whistles	whistled
race	raced
knock	knocked
toss	tossed
walks	walked
brushes	brushed
jump	jumped
watch	watched
bakes	baked
clap	clapped
paint	painted
waits	waited
dance	danced
talks	talked

Irregular Plural Nouns

<u>Noun</u>	<u>Plural</u>
moose	moose
ox	oxen
half	halves
deer	deer
cactus	cacti
trout	trout
hoof	hooves

sheep	sheep
fish	fish
life	lives
loaf	loaves
scarf	scarves
shelf	shelves
thief	thieves
elf	elves
calf	calves
leaf	leaves
knife	knives
wolf	wolves
wife	wives
<u>Noun</u>	<u>Plural</u>
fireman	firemen
mouse	mice
tooth	teeth
foot	feet
child	children
woman	women
man	men
person	people
die	dice

goose	geese
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Counseling/Social Emotional Learning and Wellness Tips

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy.

Remain calm and reassuring

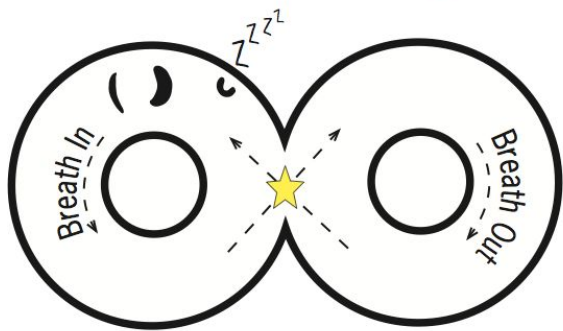
- Children will react to and follow your verbal and nonverbal reactions
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspectives.

Make yourself available

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them and make time for them.

Useful Tips To Practice With Your Child At Home

Lazy 8 **Breathing**



Breathe It Out

If your body is feeling restless, take some time to sit and slow your breathing. Try these exercises by tracing your finger over the lines and breathing along with them. Repeat at least five times.

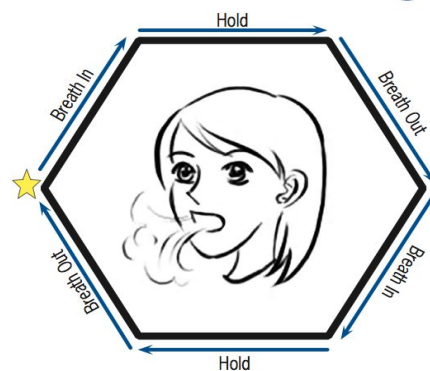
Writing Or Drawing

Some students have difficulty expressing themselves, so writing or drawing can help students share what's on their minds.

Monitoring Technology Usage

It is important to limit your child's television viewing or access to information on the internet and through social media. Try to avoid watching or listening to information that might be upsetting when your child is present. This is a time when you should engage your child in games or interesting activities instead.

The Six Sides of **Breathing**



Additional Resources:

1.) Go Noodle

Categories- SEL and Mindfulness Videos

<https://app.gonoodle.com/>

2.) Positive Psychology

25 Fun Mindfulness Activities for Children

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

3.) Flovocabulary

Lesson- Life Skills- Social Emotional Learning

<https://www.flocabulary.com/>

Sample Accommodations / Modifications that Support Student Learning:

- Give your child one problem or question at a time (if multiple questions on a page show them only one)
- Get another blank piece of paper and cover all words on a page and only show only one sentence or one part at a time
- Provide a sample
- Explain directions in many ways in your own words
- I read, you read, Let's read together and decide what to do first, second and third.
- Check for understanding- have the child repeat back what they heard and ask what does that mean?
- Help your child create a plan of attack- Lets do this first then follow with xyz.
- Provide breaks for your child 10-15 minutes of work (5 minute break)
- Use highlights and colors on worksheets- underline vocabulary words, key words

Counseling/Mental Health Services

1) [St. Vincent's Crisis Prevention and Response Team](#)

Call (914) 925-5959

24/7 Telephone Coverage

Mobile Response Now Monday - Saturday: Services available in Spanish

2) [Four Winds Westchester](#)

To Make a Referral:

Call (914) 763-8151 or 1-800-528-6624

24 Hours A Day, 7 Days A Week

3) [Westchester Medical Center](#)

100 Woods Rd, Valhalla, NY 10595

Main Emergency Department (914) 493-7307

Pediatric Emergency Department (914) 493-6001

4) [Westchester Jewish Community Services](#)

1101 Main St. Peekskill, NY

(914) 737-7338

WJCS.com

5) [Andrus Children's Center](#)

50 Dayton Lane #205 Peekskill, NY

(914) 965-3700

Andruscc.org

6) [Mensana Center](#)

7 Croton Avenue Cortlandt Manor, NY

(914) 962-5800

Mensanacenter.com

7) [Hygeia Integrated Health Services](#)

3505 Hill Boulevard Suite K Yorktown Heights, NY

(914) 352-6116

hyinhealth.com

8) **OPWDD: Crisis Number for Students with Intellectual Disabilities**

44 Holland Avenue, Albany, New York 12229

1-(866)-946-9733

https://opwdd.ny.gov/opwdd_services_supports/introduction