

**Peekskill City School District
Committee on Special Education (CSE)**

**Woodside Elementary
Tips & Activities for Families**



**Occupational Therapy
Activities and Tips
Childhood (Ages 4-8)**

1. Sensory/Total Body Strengthening:

- a. Swimming classes
- b. Playground (swings, slide)
- c. Rice bucket
- d. Sand table
- e. Children's yoga

2. Fine Motor/Upper Body Strengthening:

- a. Play-Doh (cut, roll, squeeze, pinch)
- b. Painting
- c. Playing cards
- d. Legos (big or small)
- e. Encourage "tummy time" while engage in an activity (to build shoulder stability and core/neck strength)
- f. Coloring/writing on vertical surface such as wall to develop shoulder strength
- g. Crumpling up paper with one hand
- h. Cooking helper (stirring, pouring, opening packages)
- i. Encourage independence (feeding, dressing)
- j. Hole punch activity using cardstock (will encourage cutting skills, plastic hole punchers are easier for children)
- k. Tweezers, tongs (make a game out of picking up small items off floor or table)
- l. Hiding/finding small items inside model magic/playdoh (ie; beads, gems..Make a treasure hunt out of it)
- m. Ripping paper into tiny pieces
- n. Squirt bottles/Eye droppers (will encourage cutting skills)

3. Visual Motor Skills:

- a. Inset puzzles (shapes, animals)
- b. Shape sorters
- c. Play I Spy (around the house, outside)
- d. Laundry helper (sort by color/item)
- e. Cause and effect toys

4. Resources for exercises:

<https://www.youtube.com/watch?v=3VpARNgbb8c>

<https://theinspiredtreehouse.com/hand-strength-35-fun-activities-for-kids/>

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
 - Count objects
 - Look for predetermined objects
 - Put “paw” prints aka Blues Clues
- 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

- 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 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
- d. Kicking big pillows

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.

Speech and Language Activities and Tips For Childhood Ages 4- 8

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.

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**

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 child develop a love of books.

3. **Enjoy music together**

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 his 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 he seems intrigued by a boat, show him more boats and talk about them, too. You can even try recording your child 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 2 and older view no more than 2 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. Take your child on community trips and field trips

A trip to the grocery store, library, park, zoo, the aquarium, or a children's museum will expand the world for your child.

Tips on Talking with Your Child

- ❖ Pay attention when your child talks to you.
- ❖ Get your child's attention before you talk.
- ❖ Praise your child when he tells you something. Show that you understand his words.
- ❖ Pause after speaking. This gives your child a chance to respond.
- ❖ Keep helping your child learn new words. Say a new word, and tell him what it means, or use it in a way that helps him understand. For example, you can use the word "vehicle" instead of "car." You can say, "I think I will drive the vehicle to the store. I am too tired to walk."
- ❖ Talk about where things are, using words like "first," "middle," and "last" or "right" and "left." Talk about opposites like "up" and "down" or "on" and "off."
- ❖ Have your child guess what you describe. Say, "We use it to sweep the floor," and have her find the broom. Say, "It is cold, sweet, and good for dessert. I like strawberry" so she can guess "ice cream."
- ❖ Work on groups of items, or categories. Find the thing that does not belong in a group. For example, "A shoe does not go with an apple and an orange because you can't eat it. It is not round. It is not a fruit."
- ❖ Help your child follow two- and three-step directions. Use words like, "Go to your room, and bring me your book."
- ❖ Ask your child to give directions. Follow his directions as he tells you how to build a tower of blocks.
- ❖ Play games with your child such as "house." Let her be the parent, and you pretend to be the child. Talk about the different rooms and furniture in the house.
- ❖ Watch movies together on TV or a tablet. Talk about what your child is watching. Have him guess what might happen next. Talk about the characters. Are they happy or sad? Ask him to tell you what happened in the story. Act out a scene together, or make up a different ending.

- ❖ Use everyday tasks to learn language. For example, talk about the foods on the menu and their color, texture, and taste when in the kitchen. Talk about where to put things. Ask her to put the napkin on the table, in your lap, or under the spoon. Talk about who the napkin belongs to. Say, "It is my napkin." "It is Daddy's." "It is Tamara's."
- ❖ Go grocery shopping together. Talk about what you will buy, how many things you need, and what you will make. Talk about sizes, shapes, and weight.

**Center Based Agencies for
Early Childhood
Services**

www.acds.org

**963 Scarsdale Road
Scarsdale, NY 10583
914-810-2237 Ext.120**

www.creativewonderstherapy.com

**470 Mamaroneck Avenue, Suite 204
White Plains, NY 10605**

**10 South Bedford Road, Suite 404
Mt. Kisco, NY 10549
914-421-8270, ext. 2
914-373-6823, ext. 3**

**Center Based Agencies
for Private Insurance**

Donald R. Reed Speech and Hearing Center

**Tarrytown NY 10591
914-366-3010**

Elizabeth Seton Rehabilitation Center

317 North Street

White Plains NY 10605
914-597-4106

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.

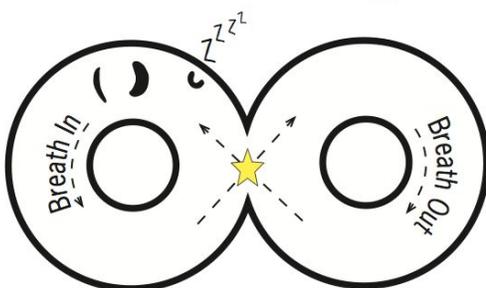
Make yourself available

- 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

Breathe It Out

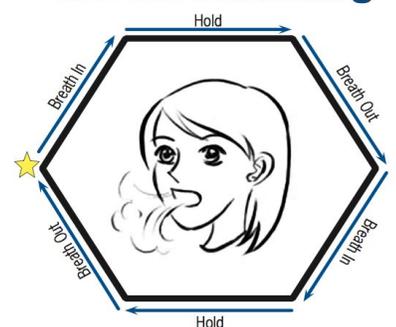
Lazy 8 Breathing



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

The Six Sides of Breathing



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.

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>

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3.) Flovocabulary

Lesson- Life Skills- Social Emotional Learning

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

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
Andrsc.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