

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

**Hillcrest  
Elementary School**



**(Grades 4-5)  
Tips & Activities for Families**

## **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”.

#### 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***

If you need to reach me, my email is [tguerrero@peekskillschools.org](mailto:tguerrero@peekskillschools.org)

### **Your Child's Communication:**

#### ***Fourth Grade (ICT)***

By the end of fourth grade, your child should be able to do the following tasks in each area:

## Listening

- Listen to and understand information.
- Form opinions based on what she hears.
- Listen for specific reasons, such as to learn, enjoy, or convince.

## Speaking

- Use words correctly in conversation.
- Use language for many reasons, like asking questions, arguing, and joking.
- Understand some figurative language. This is language that uses words in new or different ways. For example, "This classroom is a zoo!"
- Take part in group discussions.
- Give correct directions to others.
- Summarize ideas in his own words.
- Organize information so it is clear.
- Give clear speeches.

## Reading

- Read for specific reasons.
- Read grade-level books smoothly and with few mistakes.
- Use what he knows to understand new material.
- Follow written directions.
- Take brief notes.
- Link what she learns in one subject to other subjects.
- Learn meanings of new words by looking at word origins, synonyms, and other meanings.
- Use reference materials, like a dictionary.
- Talk about the author's reason for writing a story and about the writing style.
- Read and understand different types of writing, like fiction, nonfiction, and poetry.
- Make inferences from texts. This means that she guesses what a writer means when it is not stated clearly. She uses clues in the story and what she knows from her life to guess.
- Talk about what she reads in her own words, called paraphrasing.

## Writing

- Write stories and explanations. Write many paragraphs about the same topic.
- Develop a plan for writing that includes a beginning, a middle, and an end.
- Organize writing around a main idea.

- Edit final copies for grammar, punctuation, and spelling.

## **Your Child's Communication:**

### ***Fifth Grade (ICT)***

By the end of fifth grade, your child should be able to do the following tasks in each area:

#### **Listening**

- Listen and draw conclusions in different classes.

#### **Speaking**

- Make planned speeches. She should know her audience and include information for that group.
- Deliver a speech. He should keep eye contact and use gestures and a loud voice.
- Take part in class discussions.
- Summarize main points.
- Report about information from group activities.

#### **Reading**

- Read grade-level books smoothly and with few mistakes.
- Learn meanings of new words by looking at word origins, synonyms, and other meanings.
- Decide what information is important when reading.
- Read different types of text, like fiction, nonfiction, and poetry.
- Describe how a character and a plot develop.
- Talk about poetry and what poems might mean.

- Study an author's language and style.
- Use reference materials to support opinions.

### **Writing**

- Write for a variety of reasons.
- Use many different words when writing.
- Vary sentence structure.
- Revise writing to make it clearer.
- Edit final copies.

Retrieved from [www.asha.org](http://www.asha.org)

### ***Speech Therapy websites for activities and resources:***

1. <https://newsela.com/> (Articles for ELA learning))
  2. <https://www.brainpop.com/> (Videos for learning)
  3. <https://www.dogonews.com/> (ELA current events)
  4. <https://www.raz-kids.com/> (Online guided reading program)
  5. <https://www.timeforkids.com/> (Articles for ELA learning).
- Here is a website with a bunch of other /websites for you to choose from:  
<https://www.commonsense.org/education/top-picks/best-news-websites-for-students>

### **Some Language Activities:**

1. Read a recipe
2. Read and act out a play.
3. Play board games like “outburst” or “taboo.”
4. Describe things without using the labeling word (e.g., describe the bedroom without using the word “bedroom.” You could say, “It’s a room in my house, I sleep there..” etc.)

5. Play "Charades.

**Occupational Therapy  
Activities and Tips  
Grades 4-5**

- **Sensory/Total Body Strengthening:**
  - Go Noodle (<https://www.gonoodle.com/>)
  - Playground (swings, slide)
  - Rice bucket/ Sand table
  - Children's yoga
- **Fine Motor Skills:**
  - Play-Doh or modeling clay (cut, roll, squeeze, pinch)
  - Painting
  - Legos (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
  - Squeeze 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)
- 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/>

### **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**

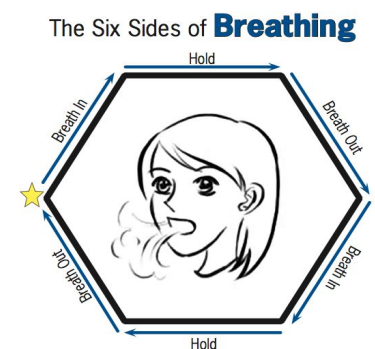
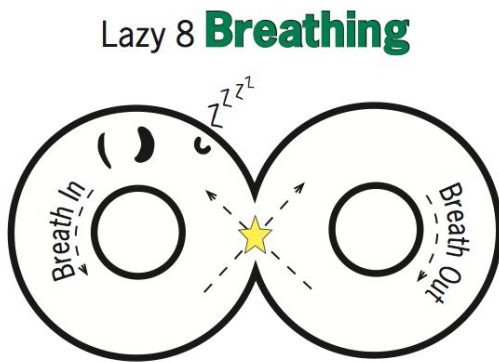
If your body is feeling restless, take some time to sit and slow your breathing. Try these exercises by tracing your finger over the lines and breathing along with them. Repeat at least five times.

#### **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.



**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/>

**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](https://opwdd.ny.gov/opwdd_services_supports/introduction)

**Life Skills Speech and Language**

Listening: Follow 3 to 4 step directions eg. (Eat your cereal, Drink your milk, Get your shoes and Put on your shoes).

Puzzles: Puzzles containing numbers and letters. Identify the letters by pointing and verbally state the name of the letters and numbers.

Arts and crafts: Make pudding, jello, color pictures and talk about what you are doing and have your child label the items and actions used during the activity.

**Self- Contained Speech and Language**

Understand the concepts of behind, front, back, before and after while moving objects in different areas. ( The ball is behind the chair.)

Answer “what, where, when, and how questions to a short story, while taking part of the question to use complete sentences to answer questions.

Identify and comprehend the concept of same vs. different and what doesn’t belong.

Answer “no and yes” questions from a short story.

### **Web sites**

[www.home-speech-home.com](http://www.home-speech-home.com)

[www.brainpop.com](http://www.brainpop.com)

[www.raz-kids.com](http://www.raz-kids.com)

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**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

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3505 Hill Boulevard Suite K Yorktown Heights, NY

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