



**Global
Education
Therapy**

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SCHEDULE A FREE CONSULTATION

**SCROLL DOWN FOR
YOUR FREE PARENT
HANDOUT!**

**AN ONLINE
MULTIDISCIPLINARY
TEAM DEDICATED TO
INCREASING
ACCESSIBILITY TO
EDUCATION AT HOME
AND ABROAD**



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**GET IS AN ONLINE
MULTIDISCIPLINARY
TEAM DEDICATED
TO INCREASING
ACCESSIBILITY TO
EDUCATION AT
HOME AND
ABROAD**

GET Help:

"What can I practice for my child's during time off from OT?"

10 WAYS TO PRACTICE OT SKILLS

5. BE ACTIVE AND TRY SOME PHYSICAL ACTIVITIES AND CLUBS.

Physical activities can help with your child's gross motor (physical movement), hand-eye coordination, and sensory skills. Here are some ideas and fun ways to keep it fun and FUNctional!

- Playing Catch: Add some sensory fun by having your child pick grass blades or flowers every time they catch the ball.
- Walking the dog or hiking: Touch and smell the flowers and leaves while walking the dog or through the forest.
- Playing soccer, basketball, tennis, badminton, etc: Besides playing the game, incorporate some fun games that require writing or direction following. For example, use sidewalk chalk to keep track of the score or play "Red light/Green light" with the soccer ball.
- Playing in the backyard or park: Encourage your child to think of a story or a new game while playing independently outside. Then, at the end of the day, let them share their story or new adventure!

4. TRY SOME ARTS, CRAFTS, MUSIC, AND OTHER TABLETOP ACTIVITIES

Crafts and activities that require our fingers are a great way to work on fine motor, manipulation, and visual perceptual skills.

- Make a collage/mural: Have loads of art supplies and scraps but don't know what to do with them? A quick collage or mural is a thrifty way to use up all those supplies and have fun!
- Board games: Board games are fun but can get boring. Encourage your kids to create new rules or a new game entirely from your collection. You can have them write the rules or create new cards and materials in order to exercise those writing, fine motor, and imagination skills!
- Make your own instruments and then play them: If your kiddo loves music, why not make a rain stick out of paper towel rolls or put rubber bands on a used tissue box? After creating all these instruments, your kid can go ahead and perform a song at the end of the day.
- Legos or robotics: Besides having your child build new and exciting things, you can use Legos as stamps or hide them in playdough for extra sensory fun!



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3. DO CHORES AROUND THE HOUSE

- Chores around the house: this not only work on gross and fine motor skills but also helps our kids learn responsibility and organization.
- Cooking: Get kids involved! Whether it is letting them pick an ingredient, washing the veggies, or cutting up fruit, these are all excellent ways to get them to practice those fine motor and sensory skills.
- Washing the dishes: Make this tedious chore interesting by putting a plastic container at the bottom of the sink. Fill it up with soapy water and have your child pretend the dishes are taking a dive into the pool. Then, make sure the dishes get a "shower" and dry off with a towel.
- Baking: Have your kid pick a fun and easy recipe and do it together. If your child is a bit younger, having them play with the dough or baking utensils can be very entertaining.
- Laundry: Besides making a contest out of folding and putting away the laundry, you can have a bit of fun and have them practice throwing rolled-up socks into a drawer.

2. TRY A SUMMER CAMP OR PROGRAM

If you have access to a summer camp or affordable summer programs, definitely give it a try! This can be a great way to get kids involved in the community and make new friends! In addition, it can help with independence and social skills. Here are recommended ways to find a summer camp

- Check in with your school or your PTA
- Check out your community centers or libraries
- Connect with neighbors or family members for recommendations
- Live abroad, rurally, or moving? Check out activityhero.com for in-person and online summer programs!

GLOBAL EDUCATION THERAPY HAS...

- No waiting lists!
- Flexible scheduling
- Great for families living abroad
- Accessible for families living in rural areas
- Multidisciplinary approach: We work together with our speech therapists and special educators to provide you the best service!
- Free online parent support groups and webinars

1. WHY NOT TRY ONLINE OT?



GLOBAL EDUCATION THERAPY OFFERS VIRTUAL SPEECH THERAPY, OCCUPATIONAL THERAPY, TUTORING, AND SUPPORT FOR STRUGGLING READERS AT HOME AND LIVING ABROAD!



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