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OCCUPATIONAL THERAPY ACTIVITIES

Little Pea

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The story Little Pea, presents many opportunities to work on OT skills. From scissor work and pre-writing skills, to perceptual and body awareness skills. Working within the classroom alongside other teachers & therapists is an excellent way to approach activities. Here are some ideas we hope you will find helpful! Please share with us YOUR ideas & strategies that you experienced so that we may post them on LLL.

Playdoh Peas

- * Using green playdoh, have children form balls of various sizes to represent members of the pea family
- * Have children make a small pinch pot and gently squeeze the sides to form a "pod." The playdoh peas can fit inside
- * Using a spoon, have children try to "fling" their baby pea into the air as Daddy Pea had done in the story
- * See how high children can stack a collection of playdoh peas
- * Have children press down on each pea with each of their digits
- * Using their thumb and forefinger, have children pinch each pea
- * Add sand to the platdoy for texture
- * Hide a bead inside a ball of playdoh for the child to find "Where's the candy inside Little Pea?"

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Shaving Cream Circles

- * Using shaving cream, have children form circles on the table
- * Add a bit of green paint to the shaving cream to make small & large circles (pea family)
- * Have children shake hands while they have shaving cream on the hand, "Nice to meet you, [name] Pea!"
- * Have children draw a line in the shaving cream across midline, from one object to another
- * Provide children with a spoon to "scoop" shaving cream into a bowl
- * Add sand to the shaving cream for added texture
- * Have children roll a small ball in the shaving cream
- * Using a paintbrush, have children "paint" a picture on paper posted on a wall, or on a sensory board

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Shaving Cream

- * Providing manipulative along with shaving cream allows for the messy play that promotes speech, social skills, meets sensory needs, and offers opportunities for fine motor growth
- * Have children use their finger to form shapes
- * Add textures/colors to the cream, such as sand, string, or paint
- * Have children shake hands while their hands are messy
- * Use small animals from the story with the cream

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Pom Pom Peas

- * Using tongs, have kids move pom poms from one container to the next
- * Children can grab a pom pom with a tong, and carry it to another location (And repeat)
- * Have children work in teams
- * See how many pom poms children can hold in their hand, and then carry to another location
- * Have children pick up as many cotton balls as they can using just one hand
- * Have children move their pom pom across the table with different, isolated fingers

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Sensory Table Play

- * Using a sensory bin and your choice materials, children search for hidden items relating to the story: spoons, pom poms, candy (beads), bowl, etc
- * Using a water table, provide spoons and bowls for children to move water; Try circle-shaped sponges for children to fill and squeeze
- * Place dried split peas in a sensory table to be used in class or at home
- * Allow children to explore frozen peas

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Coordination & Strength

- * Keeping in line with the story, have children use spoons to "fling" items by pushing on a spoon
- * Using a spoon, children scoop various materials into containers (sand, soil, pebbles, pasta, etc.)
- * Have children walk with a pom pom balanced in a spoon from point A-B
- * Using scissors, children cut out green circles they draw, and build a Pea Collage using glue

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