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OCCUPATIONAL THERAPY ACTIVITIES

Ten Red Apples

by Pat Hutchins

The story Ten Red Apples, presents fabulous opportunities to work on OT skills such as muscle strengthening, pencil grip, scissor skills, pre-writing skills, and perceptual 'n body awareness skills. We love working in a classroom where related service providers work and plan alongside teachers, and as a team activities are presented. (Everyone benefits from their peers' skills sets and ideas!) 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. **Please see our FREE reinforcer template sheet!**

Playdoh Apples

- * Using red playdoh, have children form balls to represent apples
- * Have children make a small pinch pot and gently squeeze the sides to form a "basket." The playdoh apples can fit inside
- * Use our apple tree template so children can "fill their apple tree" with apples
- * See how how big they can make an apple (and how small)
- * Have children squish each of their apples by pressing down on each apple with each of their digits
- * Add sand to the playdoh for texture
- * Hide a straw bead inside a ball of playdoh for the child to find "Where's the worm?"

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Shaving Cream Apples

- * Using shaving cream, add some red paint and have children form (apples) circles on the table
- * Have children shake hands while they have shaving cream on the hand, "Nice to meet you, Farmer!"
- * Have children draw a line in the shaving cream across midline, from one apple to another
- * Have children try to draw a tree: line down, circle on top, finger dots for apples
- * Using a paintbrush, have children "paint" in the shaving cream
- * Add a real apple to their play space

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Sensory Table Play

- * Using a sensory bin and your choice materials, children search for hidden items relating to the story: play animals, apples, small trees, a farmer and wife, a basket
- * Using a water table, place apples in water table for children to wash, float, and explore
- * Open apples and have children try to remove seeds using a popsicle stick
- * Have children use plastic knife to try and cut apple slices into smaller pieces
- * Have children make apple sauce
- * Use peeled apples to push beads into. Allow the apples to dry out for a week and see what happens!

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Pom Pom Apples

- * Using tongs, have kids move apples (pom poms) from a drawn tree to a small basket
- * 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 pick up in just one hand
- * Using slitted coffee can as a tree, have children push pom pom apples into the slit
- * Place pom pom apples on tree template, and have children move pom poms across the table with different, isolated fingers making the sound of animals from the story

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Making Apple Trees

- * On a base piece of paper, have children glue strips of brown paper vertically to form a tree
- * Have children glue horizontal branches to their tree using the same brown strips
- * Using green tissue paper, have children crumple 2" square pieces to glue onto their tree
- * Children can add larger red crumpled pieces for apples, or red buttons, etc.
- * Try: Expanding the project even more, have children cut out animals to glue near the tree ("Glue the goat next to the tree" "Glue the cow on the other side of the tree" "Glue the sheep next to the goat" etc)
- * Try: Have children write the letter that begins each animals name under/above that animal

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