

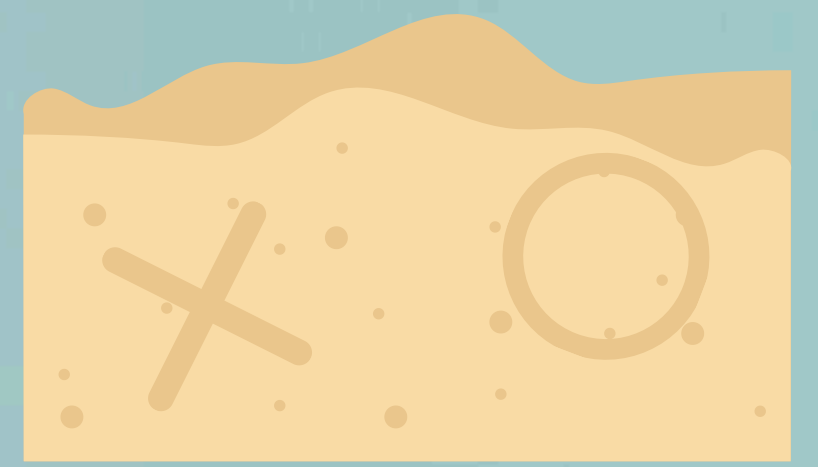
five

occupational therapy activities for a beach day

1

Drawing in the Sand

Drawing in the sand is a great way to encourage practicing handwriting in a fun way. You and your child can work on prewriting strokes, as well as letters and numbers. For added fun or to add some competition to the activity, do it along the water and try to get all the letters/lines drawn before the wave washes it away!



2

Make a River

Dig a winding path in the sand and fill it with water to watch the water flow. If using a shovel, this will address bilateral coordination and provide proprioceptive input. But if your child uses their hands, it is a great way to get tactile sensory input and build up hand strength! For even more of a heavywork component, have your child scoop water from the ocean in a bucket and carry back to your river.



3

Search for Seashells

Improve visual attention and visual scanning skills by searching for seashells along the beach. You can add an extra challenge by having your child search for a specific color or pattern.



5

Play with a Beach Ball

Play catch using a beach ball to encourage visual attention and bilateral coordination skills. For added difficulty, play keep it up to encourage working on hand-eye coordination.



4

Build a Sandcastle

Do a classic beach activity and build a sandcastle! You can address fine motor strength by having your child dig and scoop with their hands or have them use a shovel to add bilateral coordination skills. Visual motor and perceptual skills can be addressed when lining up and stacking the buckets to create the castle.

