

## Online OT and PT Resources

Before looking at activity websites, parents are encouraged to look at the therapy goals on their child's IEP. These goals will usually include key words that can help guide parents to activities that would benefit their child.

Websites	OT	PT	Ages	What is it?		
<a href="https://www.pinkoatmeal.com/parents/">https://www.pinkoatmeal.com/parents/</a>	X	X	3 – 12	<ul style="list-style-type: none"> <li>Gross Motor Activities</li> <li>Fine Motor Activities</li> <li>Yoga</li> </ul>		
<a href="https://otplan.com/activities/">https://otplan.com/activities/</a>	X		3 – 12	<ul style="list-style-type: none"> <li>Fine Motor and Sensory Activities</li> </ul>		
<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>	X	X	4 - 8	<ul style="list-style-type: none"> <li>Yoga</li> <li>Breathing</li> <li>Self-Regulation (Sensory)</li> </ul>		
<a href="#">Monroe Boces 2 Brain Gym Videos</a>	X	X	5 – 16	<ul style="list-style-type: none"> <li>Bilateral Integration (using the sides of the body together)</li> <li>Focus (do before academics)</li> </ul>		
<a href="https://theinspiredtreehouse.com/activities-index/3">https://theinspiredtreehouse.com/activities-index/3</a>	X	X	3 – 12	<ul style="list-style-type: none"> <li>Fine Motor Activities</li> <li>Self-Care Activities</li> <li>Sensory Activities</li> <li>Gross Motor Activities</li> </ul>		
<a href="https://www.youtube.com/channel/UCq4RxmjydS7wixyEYVRDOWA">https://www.youtube.com/channel/UCq4RxmjydS7wixyEYVRDOWA</a>		X	2 - 18	<ul style="list-style-type: none"> <li>Gross Motor Activities</li> <li>Fitness Activities</li> </ul>		
<a href="https://anotmom.weebly.com/">https://anotmom.weebly.com/</a>	X		3 - 12	<table border="0"> <tr> <td> <ul style="list-style-type: none"> <li>Motor Activities</li> <li>Writing Activities</li> <li>Eye Movement Skills</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>Visual Perceptual Skills</li> <li>Visual Motor Skills</li> <li>Sensory Strategies</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>Motor Activities</li> <li>Writing Activities</li> <li>Eye Movement Skills</li> </ul>	<ul style="list-style-type: none"> <li>Visual Perceptual Skills</li> <li>Visual Motor Skills</li> <li>Sensory Strategies</li> </ul>
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<a href="https://www.ot-mom-learning-activities.com/">https://www.ot-mom-learning-activities.com/</a>	X		3 - 12	<table border="0"> <tr> <td> <ul style="list-style-type: none"> <li>Coordination Skills</li> <li>Cutting Skills</li> <li>Fine Motor Skills</li> <li>Gross Motor Skills</li> <li>Hand Dominance</li> <li>Handwriting</li> <li>Midline Crossing</li> <li></li> </ul> </td> <td> <ul style="list-style-type: none"> <li>Pencil Grasp</li> <li>Sensory Integration</li> <li>Sensory Processing</li> <li>Visual Motor Integration</li> <li>Visual Perception</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>Coordination Skills</li> <li>Cutting Skills</li> <li>Fine Motor Skills</li> <li>Gross Motor Skills</li> <li>Hand Dominance</li> <li>Handwriting</li> <li>Midline Crossing</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Pencil Grasp</li> <li>Sensory Integration</li> <li>Sensory Processing</li> <li>Visual Motor Integration</li> <li>Visual Perception</li> </ul>
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<a href="https://www.controlaltachieve.com/2016/10/special-needs-extensions.html">https://www.controlaltachieve.com/2016/10/special-needs-extensions.html</a>	X			<ul style="list-style-type: none"> <li>Accommodations for individuals with disabilities that are built into the Google Chrome browser</li> </ul>		