



Occupational Therapy Activities

Please see enclosed some suggestions for Occupational Therapy activities that can be completed at home. We hope that some of these activity suggestions may be of some benefit to you.

Please be mindful that these will be general suggestions and not child specific , therefore some of these activities may not be relevant to your child. If you already have been issued an Occupational Therapy home programme please continue to refer to this.

If you are in any doubt about you or your child's ability to complete any activities – please don't engage in this specific activity.

Your child should be supervised at all times when engaging in the activities described.

The length of time your child engages in the activities should be as tolerated by them. They should never be forced to partake in activities but should be encouraged appropriately.

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Occupational Therapists