



OT Mom Learning Activities



Desk Exercises For the Classroom

These are good for the whole class to do while sitting or standing at their desks.

Hand Pushes: shoulder girdle stability



A great desk activity to use before a writing task. Ask the children to copy you as you demonstrate: place your palms together, with elbows out and forearms held horizontally as in the photo. Now push your hands together as hard as you can and hold for 5 seconds – you should feel all the muscles around your shoulder girdle contract. Repeat a few times. A great way to regain focus during a handwriting lesson!

Chair Push-Ups: shoulder girdle stability

Ask the children to put their hands on either side of their chairs, and PUSH, until their bottoms rise off the chair. Initially just repeating the push will be demanding; later you can upgrade to asking them to hold the position for a couple of seconds.

Increase the difficulty by asking them to lift their feet off the floor and hold them off while raising their bottoms off the chairs. A great exercise to do before writing.



Lazy 8's: midline crossing (and visual tracking)



Trace large “lazy eights” in the air, 5-8 times with one hand then repeat with the other. The smooth flowing movement crosses over the body midline. Asking the children to track their hands with their eyes also aids visual tracking and hand-eye coordination skills.

Chair Leg-Lifts: core muscles

Step 1:

Demonstrate and ask the children to copy you: Stand sideways behind your chair so your left hand is resting lightly on the back of the chair. Slowly lift your left leg, keeping your knee bent until your hip is bent 90 degrees.



Step 2

Hold it, and slowly lower your leg ALMOST to the ground, don't touch the ground, and raise it again.

Repeat a few times, then do the same thing on the other side. Increase repetitions as endurance increases.

Variation: after raising your leg, slowly let go of your chair and keep your balance. Repeat with other leg.

Have Fun!

