

## Occupational Therapy with Jess!



Telethon Speech & Hearing  
Releasing children's potential

This week in OT, we are building cup towers and spraying them down!

### What you will need:

1. Plastic drinking cups, disposable coffee cups/party cups
2. A spray bottle or an empty spray and wipe bottle full of water

Optional: a texta/permanent marker to draw some emotions, letters or shapes on the cups

### What are we working on?

**Hand Strength:** encourage your child to squeeze the trigger with one hand, and hold the bottle to stabilise with their other - this action of squeezing a trigger replicates the motor planning action required for cutting and helps develop essential hand and finger muscles!

**Spatial Relations:** the understanding of two or more objects in relation to each other and yourself in space - this includes the ability for our eyes to judge the distance and directionality between these objects (a skill required to effectively balance and stack)

**Emotional Recognition and Labelling:** focusing on "happy", "sad", "surprised" and "angry"; encourage your child to recognise and verbalise the different emotions. Can they group the emotions together to create a "happy" tower, or alternatively, can they spray down a specific emotion that is asked "spray down the surprised face"

### Variations:

#### Shape, Letter or Colour Recognition:

- Start with the letters of their name and see if they can recognise the sound of each letter
- Draw basic shapes and practice identifying and verbalising each one
- Recognise and verbalise different cup colours - spray down the requested colour.
- Extend to more emotions once they are consistent with the basic emotions: "scared" and "silly"



Enjoy and have some fun!

Jess ☺