

OT Resources and Activities ideas for Home

Children and Family Health Devon Occupational and Language Therapy Toolkit		
<p>https://childrenandfamilyhealthdevon.nhs.uk/speech-language-therapy/articles/early-years-therapies-toolkit/</p> <p>https://childrenandfamilyhealthdevon.nhs.uk/speech-language-therapy/articles/school-age-therapies-toolkit/</p>		
Sensory		
Sensory Stuck at home	Facebook page	An OT led group providing strategies to meet children'
A sensory Life <i>Angie Voss</i>	http://asensorylife.com/index.html	Provides ideas and sensory strategies
Sensory Processing Disorder <i>SPDStar</i>	www.spdstar.org/node/1485	'Sensory balanced Daily Schedules' with great ideas based on sensory modulation, ie daily sensory diet.
Brain Highways	www.brainhighways.com	Free videos to watch on different sensory systems
Talking about COVID-19		
Corona virus, Top Tips for families <i>National Autistic Society</i>	www.autism.org.uk/coronavirus	Provides lots of resources in relation to managing anxiety, explaining and activities to do with the corona virus

<p>How to talk to your child about coronavirus disease 2019 (COVID-19) <i>Unicef</i></p>	<p>https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19</p>	<p>8 tips to help comfort and protect children.</p>
<p>Children's guide to coronavirus <i>The Children's Commissioner</i></p>	<p>https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/?fbclid=IwAR3a5SgDYmVDOWyIPRTJ0QSQiRka_wlm80rxSw_vrhZOwN_r7JNd4j8PIKz4</p>	<p>Answers questions, tells children how to stay safe and protect other people and how to help them make the best of their time at home.</p>
<p>Advice on the coronavirus Easy Read Online</p>	<p>https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf</p>	<p>For child with a learning disability</p>
<p>Social Stories about the Coronavirus</p>		
<p>Dave the Dog is worried about Corona Virus <i>NHS Scotland</i></p>	<p>https://www.nhsggc.org.uk/media/259546/dave-the-dog-coronavirus-1-1.pdf</p>	<p>A book for children about coronavirus that aims to give information without fear.</p>
<p>Social story to help children with Autism</p>	<p>https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf</p>	<p>Explaining the corona virus to autistic children</p>
<p>#COVIBOOK Supporting and Reassuring Children Around the World <i>NHS Scotland</i></p>	<p>https://www.nhsggc.org.uk/media/259568/covibook.pdf</p>	<p>This short book was created to support and reassure our children, under the age of 7, regarding COVID-19.</p>

Time to come in Bear	https://www.youtube.com/watch?v=DA_SsZFYw0w&feature=emb_logo	A video about staying indoors
Hand Washing		
Hand Washing – Children’s Pack <i>National Infection Prevention and Control Manual, Scotland</i>	http://www.nipcm.hps.scot.nhs.uk/resources/hand-hygiene-wash-your-hands-of-them/childrens-pack/	The Children's Pack is full of ideas and materials to encourage children to make hand washing part of their everyday routine – includes a video
Wishy Washy Clean Song <i>The Health Hub</i>	https://www.youtube.com/watch?v=zxlQn7KaCNU&feature=emb_logo	A short animated video
Visual Aids for Hand washing <i>NHS Scotland</i>	<ul style="list-style-type: none"> - https://www.nhsggc.org.uk/media/245581/visual-aid-for-washing-hands-large-images.pdf - https://www.nhsggc.org.uk/media/245582/visual-aid-for-washing-hands-small-images.pdf 	Pictures and routine for both large and small hands
Hand Washing Tips for People With Sensory Difficulties <i>Sensory Integration Network</i>	https://www.sensoryintegration.org.uk/News/8821506	Ideas on finding sensory accommodations to encourage children who struggle with the sensory element of hand washing
Mental Health		
Youngminds	https://youngminds.org.uk/	A mental health charity
Kooth	https://www.kooth.com/	online support for young people with counsellors

<p>Support your child's wellbeing while schools are closed <i>Royal College of Occupational Therapists</i></p>	<p>https://www.rcot.co.uk/staying-well-when-social-distancing</p>	<p>Tips to consider to support your child's overall well-being</p>
<p>Early Development</p>		
<p>Early Intervention SMART (Sensory Motor Attention Relationships Therapy)</p>	<p>www.eismart.co.uk</p>	<p>Supporting families' access to effective early intervention for babies with developmental concerns</p>
<p>OT Activity Ideas</p>		
<p>Mama OT</p>	<p>www.mamaot.com</p>	<p>Occupational Therapy blog with tips and tricks for fun activity ideas.</p>
<p>Sensational Kids</p>	<p>www.sensationalkids.it</p>	<p>Resources: Handwriting Without Tears Products, Sensory, Learning and Play resources</p>
<p>Kids Master Skills</p>	<p>http://www.kidsmasterskills.com/</p>	<p>Free OT Resources for home</p>
<p>100 things to do indoors School of spread the happiness</p>	<p>https://www.schoolofspreadthehappiness.co.uk/product/100-things-to-do-indoors/</p>	<p>Free download</p>
<p>200 Home activities for brain injury survivors</p>	<p>www.krysalisconsultancy.co.uk/resources/item/over-200-home-activities-for-brain-injury-survivors</p>	<p>Acquired Brain Injury resources/ ideas for the holidays</p>

Early Learning		
No Time for Flashcards	www.notimeforflashcards.com	Early education and creative play ideas and activities
Twinkl	https://www.twinkl.co.uk/resources/covid19-school-closures	Activity sheets and ideas -Usually subscription- now free resource in light of COVID-19
Learning Without Tears	https://www.lwtears.com/	Handwriting and typing programme- Usually subscription- now free resource in light of COVID-19
Developing Independence Skills		
Bowel and Bladder UK	http://www.disabledliving.co.uk/Promocon/Children	Toileting information and strategies
ERIC	www.eric.org.uk	
Life Skills for Little ones <i>Children with Disabilities Team Occupational Therapy, Falkirk</i>	https://www.falkirk.gov.uk/services/social-care/disabilities/docs/young-people/Life%20Skills%20for%20Little%20Ones.pdf?v=201906271131	Really good ideas and strategies for development, function, environmental considerations
Movement and proprioception ideas		
Go Noodle	https://www.gonoodle.com/	Online interactive movement videos
Cosmic Kids	https://www.cosmickids.com/	Online yoga resource for kids

Tree Fu Tom Children with Dyspraxia <i>CBEEBIES</i>	https://www.bbc.co.uk/cbeebies/grownups/children-with-dyspraxia https://www.bbc.co.uk/cbeebies/watch/tree-fu-tom-spell-school	Children are encouraged to learn and follow the movements of the characters. Aimed at children 3- 7 including those with dyspraxia.
Typing		
Help Kidz Learn	https://www.helpkidzlearn.com/	Online games and activities for early years and children with SEN along with creative resources. Eye gaze and Switch accessible
Dance Mat	https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr	Typing programme for KS1
Nessy Fingers	https://www.nessy.com/uk/product/nessy-fingers/	Typing programme for KS2
Typing Club	https://www.typingclub.com/	Touch typing programme for KS2
Equipment		
Therapy Pods <i>New Life Charity</i>	https://newlifecharity.co.uk/docs/care-services/Play-Therapy-Pods.shtml	Free loan of sensory toys
Sensory Items <i>The Family Fund Charity</i>	https://www.familyfund.org.uk/sensory-items	Grants for Sensory Equipment
Services for Parents of Children with Disabilities <i>Disabled Living Foundation</i>	https://www.dlf.org.uk/content/services-parents	Factsheets about equipment for disabled children. Equipment advice, parent's forum, ideas to help make functional tasks easier.

<p>Children <i>Living Made Easy</i></p>	<p>https://www.livingmadeeasy.org.uk/children</p>	<p>Impartial advice and information about daily living equipment, disability equipment, mobility and independent living aids for disabled children.</p>
<p>Housing and Adapting the Environment</p>		
<p>Adaptations Design Communications Toolkit <i>Northern Ireland Housing Adaptations Toolkit</i></p>	<p>https://www.nihe.gov.uk/Documents/Adaptations/adaptations-design-communications-toolkit.aspx?ext=.</p>	<p>Specifications for adapting the environment for people with disabilities</p>
<p>Disabled Facilities Grants for adapting your home <i>Devon County Council</i></p>	<p>https://www.middevon.gov.uk/media/205660/disabled-grants-leaflet-a5.pdf</p>	<p>Grant details, eligibility, criteria, process</p>
<p>Housing Options for Disabled Residents <i>Devon County Council</i></p>	<p>https://devoncc.sharepoint.com/sites/PublicDocs/AdultSocialCare/SocialCareAndHealth/Housing%20options/Advice%20on%20home%20alterations%20purple%20version.pdf?&originalPath=aHR0cHM6Ly9kZXZvbmNjLnNoYXJlcG9pbmQuY29tLzpiOi9zL1B1YmxpY0RvY3MvQWR1bHRTb2NpYWxDYXJIL0VTYUQ2Tm1mODF0QnYxXzRzZ2Y2bGtZQmxaR3dMSEpENXZhaWNPTjlnWUJYaFE_cnRpbWU9WUEtWGdQclcxMGc</p>	<p>Information of the accommodation options for people with disabilities</p>