

Best Occupational Therapy activities are here to help you recover your health conditions

Parents who have opted for online therapy (also known as Telehealth or Teletherapy) are grateful after analyzing the progress of their children who have utilized online platforms. In telehealth or teletherapy, parents are linked as an active participant or co-therapist with the support of the OT - to implement therapy strategies at home.

In order to promote optimal learning, it is important to ensure that a child's work station or workspace at home is organized and free of clutter. Distractions should be minimized, especially for children with visual hypersensitivity who may become easily distracted. Comfortable lighting and regular movement breaks are also important factors to consider. A calm and peaceful workspace can help improve a child's attention and focus.

As for children with difficulties in sitting and focusing the therapist may recommend activities before the online session which can help the child stay calm and be more receptive during an online session.

## **1.create a sensory bin**

Creating a sensory bin is a fun way to introduce children to a variety of tactile experiences! This activity can help develop visual perception skills, language skills, and fine-motor skills.

To make a sensory bin, gather common household items and place them in a plastic container. Items could include cotton balls, uncooked rice or beans, popcorn, and cut-up paper or coins.

It's important to consider your child's unique sensory preferences to prevent them from feeling overwhelmed while still allowing them to develop important skills. Additionally, always supervise your child when playing with items that could pose a choking hazard.

## **2.Utilize video clips to work on social skills**

Children with autism often struggle with social skills, with perspective-taking being a key focus in Occupational Therapy. Understanding how others may be feeling or thinking can be challenging for them.

To work on this skill, identify the child's favorite cartoon character and search for video clips from the show (YouTube is a useful tool). Use these clips as a fun way to discuss the characters' emotions, actions, and thoughts.

This interactive activity can effectively introduce emotions and different perspectives, making it engaging and beneficial for children with autism.

### **3.Repetitive activity**

Begin by involving your child in a repetitive activity, like playing catch with a ball or tossing bean bags back and forth. These repetitive actions stimulate the brain region responsible for emotional regulation. Starting each session with such an activity will help your child feel calm, focused, and prepared to engage in work.

### **4.Yoga**

Yoga is a therapeutic intervention that addresses many common occupational therapy client needs. From body awareness and sensory regulation to following directions and working on interception skills, yoga is a flexible activity that is great for teletherapy.

Creativity and skill development are essential components of an occupational therapy session. While there are numerous methods to target required skills, it is paramount to prioritize the individual needs and interests of each child.

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