

Occupational Therapy Home-Based Activity

Week of 1/11-1/15

Activity: Indoor (Fake) Snow Play!



Materials:

- Large tray/cookie sheet
- Cornstarch
- Baking Soda
- Water
- Toys: cookie cutters, shapes, measuring cups, play doh tools, action figures, toy cars, etc.

Goals:

- Increase participation in play (including sensory play and pretend play)
- Increase self-determination and choice making
- Improve bilateral coordination and fine motor skills
- Improve visual attention and direction following for a task

Directions: Let's make Fake Snow!

1. To create snow, mix equal amounts of cornstarch and baking soda in a bowl or on a tray. Then, mix in small amounts of water until you're able to squeeze the mixture in hand and form a ball!
 - a. Encourage your student to help with scooping, pouring, and mixing of ingredients to prepare activity!

2. Give your child time to explore the fake snow in their own way. Do not force his or her hand or fingers into it if he or she doesn't start exploring it right away. Model for your child by exploring it with your own hands!
 - a. For students with visual impairments, describe what the fake snow looks like and feels like!
3. Examples of ways to play with fake snow:
 - a. Make a snowman- roll three different shaped balls and stack them to create a snowman
 - i. This is a great time to talk about shapes and sizes!
 - b. Letter formation/drawing- using an isolated index finger or a tool (e.g., spoon, marker with cap on, etc.), student can write the letters of their name or draw shapes or designs in the snow
 - c. Play with cookie cutters- encourage your child to fill in cookie cutters by packing fake snow inside shape using their hands or by using a spoon to scoop and pour snow inside cookie cutter
 - d. Pretend play- add toy cars or action figures to encourage pretend play, such as to make a winter scene
 - e. ***During any play activities, provide opportunities for your child to make choices for how they want to interact or play with the snow!
4. If your child seems sensitive to touching the fake snow, put some in a Ziploc bag for them to explore!
5. The fake snow can last for 7-10 days when stored in an air-tight container!

Contact your OT for any questions!