

Helpful Websites for OT-related skills

Movement:

1. Cosmic Kids Yoga - <https://www.cosmickids.com/>
2. Go Noodle - <https://app.gonoodle.com/>
3. The Importance of Brain Breaks - <https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/brain-breaks-what-you-need-to-know>
4. Brain Breaks (including videos) - <https://www.childsplayinaction.com/18-brain-breaks-make-kids-minds-happy/>
5. Motor Activities for Kids - <https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/movement-coordination-issues/8-gross-motor-skills-activities-for-kids>

Typing Practice

1. <https://www.typing.com/> - You can create an account, or your teacher/therapist may already have one for you.
2. <https://www.typingclub.com/>
3. Df

Handwriting

1. Learning Without Tears (LWT) - <https://www.lwtears.com/>
2. LWT - How to Hold a Pencil - <https://www.lwtears.com/blog/how-to-hold-pencil-grip>

Improving Fine motor skills

1. Fine Motor Activities - <https://handsonaswegrow.com/fine-motor-skills-activities/>
2. Sdf

Activities

1. Mazes - <https://krazydad.com/mazes/>
2. Dsf

Tools

1. Timers. I find that using timers helps with on-task time or to understand what is expected from kids. This website has different visual and auditory timers. <https://www.online-stopwatch.com/classroom-timers/>
- 2.