

Helpful Links for OT Resources and Activities ideas for Home – Swiss Cottage School Occupational Therapy Team (Camden Special School Service)

| Sensory play | |
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| Sensory seeds | Videos on simple sensory activities to try at home. More activities on their Instagram: @sensoryseeds |
| Raising Dragons | Videos of educational activities including a whole playlist with sensory activities to do at home |
| Mencap | A 'How to make' sensory stories at home by Mencap charity |
| Mothercould | Fun activities to promote sensory play at home |
| Sensory equipment | |
| Three of the many companies with sensory equipment such as chewies, fidget toys and ear defenders. | |
| Fledglings Sensory Direct Spacecraft | |
| Self Care | |
| Dressing | <p>Ideas to help dressing practice specific to boys. On the left side of the page you can find dressing practice for girls</p> <p>General dressing advice with links to tips for buttons and zips</p> |
| Shoelaces | <p>Ideas and tips to help shoelace practice, with video how quick guide to 'bunny loops' method</p> <p>Bunny ears method visuals.</p> <p>Footwear solutions and accessories such as coloured laces and seamless socks.</p> |
| Toothbrushing | <p>Toothbrushing troubleshooting along with visuals</p> <p>Brush your teeth song and video</p> <p>Toothbrushing for children with special needs including equipment.</p> <p>Toothbrushing and sensory processing.</p> |

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| Haircutting | <p>Information, tips and equipment for children and young people with sensory processing difficulties that struggle to have a haircut.</p> <p>Calming clippers video and website for purchase</p> |
| Nail cutting | <p>Advice and information on how to support children and young people with sensory processing difficulties that struggle with nail cutting</p> |
| Toileting | |
| Toileting information | <p>Toileting Development and Checklist</p> |
| American Occupational Therapy Association | <p>Establishing a toileting routine, toileting information and strategies</p> |
| ERIC | <p>The Children's Bowel and Bladder Charity</p> <p>Bottom wiping advice</p> |
| Feeding | |
| Glasgow OT team handouts | <p>Using knife and fork information</p> |
| Food texture and food play | <p>Fussy eaters advice sheet</p> <p>Information on textures of food and food play graded from easy to more challenging</p> |
| Food Tolerance advice | <p>Advice on how you can support food tolerance difficulties at home</p> |
| Special Equipment | <p>Two of the many companies you can buy equipment for eating and drinking</p> |
| Fine Motor Skills | |
| Fine Motor Box | <p>Activity ideas and equipment to support daily practice at home</p> |
| Functional fine motor activities and fine motor play | <p>Activity ideas for lower school learners</p> <p>Activity ideas for upper school learners</p> |
| The Imagination Tree | <p>List of fine motor skill activities easy to set up and promote a whole range of fine motor skills through art, sensory play and simple</p> |

manipulative games. Suitable for children developing early years skills.

| Drawing, Handwriting and Typing | |
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| Learning without tears | Free online handwriting resources usually requiring subscription/payment in light of Covid-19 |
| Mat Man | Mat Man is a programme designed to develop drawing skills and pre-writing skills. Mat Man develops your child body awareness, drawing and counting skills. Please see resources for how to make your very own Mat Man at home (Mat Man Template & HWT meet Mat Man). |
| Typing | Useful apps on computer to use at home <div style="display: flex; justify-content: space-around;"> Wet Dry Try Nessy (Dyslexia friendly) BBC </div> |

| Further Information | |
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| National Autistic Society | A leading UK charity for people with autism and their families. The website provides information, support and pioneering services, and campaign for a better world for people with autism. Information and resources on Covid19 have now been added to the website. |
| Mencap | Mencap is the UK's leading learning disability charity working with people with a learning disability and their families and carers. Mencap works collaboratively, fighting for equal rights, campaigning for greater opportunities and challenging attitudes and prejudice. Information and resources on Covid19 have now been added to the website. |