



Activities for Older School-Age Children

Cognitive-Perceptual

- Practice complex visual worksheets like hidden pictures, word searches, and crossword puzzles.
- Assemble complex puzzles that require thinking skills and strategy.
- Practice reading a book while walking on a treadmill or marching in place to improve visual skills.
- Use road maps to find locations from starting point and point out places of interest.

Fine Motor

- Practice writing stories in cursive and with punctuation marks.
- Practice assembling toys with tiny pieces and complex structures.
- Practice using a ruler to create a grid with equal lines.
- Practice holding cards in sorted categories and adding to groups without dropping cards.
- Cut out coupons from weekly mail circulars.

Gross Motor

- Practice imitating poses in sequences like sun salutations used in yoga.
- Practice sit-ups and push-ups for improved strength.
- Practice complex dribbling of a ball or kicking a ball directly to a target.
- Practice jumping on one foot on a line in different directions.

Language

- Engage the child in conversations where he or she can give opinions or suggestions.
- Play a game of opposites and have the child say the opposite of you.
- Engage the child in a game of story telling where you each add a sentence to the story as you go along.
- Play scavenger hunt where you hide common items and give the child a list of things to find.

Self-care/Activities of Daily Living

- Practice telling/setting time on an analog clock to the minute.
- Play cashier and practice giving coins back in return for cash received.
- Practice using a calculator to balance out a list of purchases.
- Create a calendar and list important dates.
- Practice listing all the activities and duties for the next day the evening prior.

Social Emotional

- Allow the child to pick out clothing for the day and dress independently.
- Allow the child to join groups based on their interests, talents, or hobbies.
- Encourage participation in social group games like hide-n-seek, tag, or dance play.
- Play games like bottle bowling.