

# OCCUPATIONAL THERAPY AND LEARNING DISABILITIES: Occupational Therapy Games & Activity List

Linda Palmstrom, MS, OTR/L

Children learn through play. Many toys and games can be used to help your child develop body awareness, eye-hand coordination, visual perception and writing skills. These suggestions may be helpful in choosing appropriate games and toys for holidays, birthdays or other special times. Ask your occupational therapist for help deciding which games or toys best meet your child's needs.

## Hand Skills & Coordination

Spider Attack	Don't Wake Daddy	Blast Out
Splat	Gnip Gnop	Early Birds
Grape Escape	Willie Go Boom	Elefun
Slobberin' Sam	Lickin' Lizards	Hot Potato
Snackin' Safari	Go! Go! Worms	Acrobats
Knock Out	Beehive	Melvin
Go Monkey Go	Blockhead	Snapazoo
Hunt for Treasure	Kerplunk	Thin Ice
Booby Trap	Bug Gun	Cootie
Hi Ho Cherry-O	Tipsy Tower	Giggle Wiggle
Don't Get Rattled	Ants in the Pants	Operation
Don't Break the Ice	Barrel of Monkeys	Monkey Mania
Pen the Pig	Wild Webber	Bed Bugs
Silly Sammy Seagull	Silly Soup	Squiggly Worms
Jumpin' Monkeys	Hammer Heads	Doodle Dinosaur
Jumping Jalopies	Pick Up Sticks	Whack Attack
Whacky Blasters	Lumberjacks	Toobers & Zots
Martian	Popping Thing	Pig Pong

Ready Set Spaghetti	Don't Feed the Gators
Rubber Band Gun	Squirt & Spray Bottles
Peg A Train, Car, Plane, Truck	Grabbin' Grasshoppers
Hungry Hungry Hippos	Blow Your House Down
Nerf Table Hockey	
Don't Monkey Around	

## For Older Children:

### Card Games

Labyrinth	Jenga	Bottle Tops
Concentration	Capsella	Tip-It
Topple	Crazy Eights	Magnashapes
Bandu	Yahtzee	Go Fish
Othello	Parcheesi	Uno & Uno 99

## For Visual Perception

Candyland	Chutes & Ladders	Stay Alive
Trouble	Headache	Honey Bee Tree
Parquetry	Puzzles	Take 5
Simon	Boggle	Mastermind
Pallino	Pizza Party	Tricky Fingers
Checkers	Mankela	Perfection
Superfection	Chess	

## For Writing Skills

Dot to Dot	Pencil Grips	Scribblers'
B comes After A	Mazes	Adapted Pencils
Stencils	Squiggle Writer Pen	Mazes
Fun Pads	Magnadoodle	Crayons & Markers
Scribblers' First Copy Book		

## For Sensory Motor Development & Coordination

Sit & Spin	Toss Across	Hoppity Hop
Swings	Trapezes	Sleds & Saucers
Pop-A-Lot	Frisbee	Mr. Potato Head
Jump Ropes	Hula Hoops	Twister
Play Dough	Crazy Foam	Theraputty
Foxtail	uadro	Roller Racer
Play Tunnel	Wig Wag Worm	Tactile Tillie
Finger Puppets	Ufits	Velcro Puppets

## Arts & Crafts & Construction Toys

Bristle Blocks	Magnetic Blocks	Star Builders
Tinker Toys	Legos	Lite Brite
Gears Go Round	Buttons Up	Shape Builders
Marble Raceway	Snap Blocks	Mr. Twist
Mosaic Tiles	Leather Lacing	Weaving
Wood Projects	Gimp Braiding	Collages
Expand-A-Sponge	Fantacolor Pegs	Mosaic Peg
Friendship Bracelets		

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## Resources:

(Yard and garage sales are great places to find some of these things!)

### Child Life Play Specialties

PO Box 527, Holliston, MA 01746  
(978)429-4639

### Discovery Toys

PO Box 5023, Livermore, CA 94551-5023

### Equipment Shop

PO Box 33, Bedford, MA 01730  
(781)275-4094

### J.L. Hammet

PO Box 9057, Braintree, MA 02184-9057  
(781)848-4096

### Pocketful of Therapy

PO Box 174, Morganville, NJ 07751

### PDP Products

12015 N. July Ave, Hugo, MN 55038  
(612) 439-8865

### Therapro

225 Arlington St., Framingham, MA 01701  
(508)872-9494

If you have additional questions regarding the appropriateness of a toy, game or activity for your child or student, please contact your occupation therapist. Please share with us if you have a toy, game or activity to add to the list. Have a nice holiday season! ❖

*Linda Palmstrom, MS, OTR/L, is the Executive Director of Occupational Therapy Associates of Wakefield, Massachusetts. She currently serves on the Board of the Learning Disabilities Association of Massachusetts. She is a member of the steering committee for the Joint Conference on Learning Disabilities. She recently joined Ad-In, the board of The Attention Deficit Information Network. She has specialized in providing occupational therapy services to children with learning disabilities, attention deficit disorder, autism, Asperger's syndrome, cerebral palsy, brachial plexus palsy, other physical disabilities and behavior problems.*

*For more information about occupational therapy evaluations or treatment, monthly Sensory Integration Overviews, and our Parent Education Series, please contact OTA-Wakefield at (781)245-4446 or FAX (781)245-5505.*