



Therapeutic Tasks for Home Use:

The “therapy box” has many therapeutic tools included that can be beneficial with fine motor coordination, gross motor coordination, cognition, visual scanning, and strengthening. Included is a list of potential therapeutic activities that can be performed which each item however this is not inclusive.

Cards:

- Sort the cards by suit, numerical order, or only take out cards that are requested. (ex. Remove all of the 5’s, 9’s, or queens from the deck). To address aphasia or communication goals, practice speaking each card aloud.
- Play solitaire. Provide refresher or instructions if needed.
- Matching memory games. Begin with 4 pairs of cards and place them face down in rows and then turn over cards 2 at a time until a match is made. Gradually increase the number of pairs added to the face down cards. Play this alone or with a partner.
- Practice math skills by adding the number on the cards together.
- Memory game- begin with the stack of cards face down. Turn one card over, look at it, remember it then turn the card face down. Take the next card from the deck, look at it, remember it and place it face down beside the first card. Then recall what the first card is, then second card. Repeat this and see how many cards you can remember in a row. Challenge yourself to “beat your record”.
- Play other card games with friends or family members. Suggestions include Poker, Black Jack; Rummy; Uno; War; etc. There are a lot of online resources regarding rules of card games or new ones to learn.

Dice: Provides opportunity for fine motor coordination, visual scanning, and cognition.

- Practice picking up the dice one a time and holding as many as you can in your palm. Then place the dice back on the table one a time trying to keep the rest in your palm area. You can make this more challenging by stacking the dice on top of each other. You can play this with an opponent as well.
- Roll the dice on the table and add the total of the dice to practice math skills. You can roll 2, 3, or all dice at a time to make this task easier or more difficult.
- Play Yahtzee. The instructions can also be found online.

Balloons: Practice blowing up the balloon if able to do so. Hit the balloon to a partner or against a wall. You can also hit it up to yourself and see how many times you can hit the balloon in a row. Alternate right and left hand if possible. If balance issues are present, please have someone provide close stand by assistance with this or perform in a seated position. “Punch balloons”, which are the large balloons attached to the rubber band, are also helpful with speed and motor control. This is helpful for motor control, eye hand coordination and balance. Practice hitting this with control and if balance allows, try walking while tapping the balloon. To challenge this activity, hit the balloon to a partner while saying items in a category such as fruits, states, types of cars, etc.

Small or larger balls: Balls are a very therapeutic tool and can be used in many creative ways to address eye hand coordination and motor skills.

- Practice bouncing the ball and catching it with both hands together. For the larger ball, dribble the ball with one hand, then alternating hands. Practice bouncing the larger ball to someone and catching it.
- Pass the ball back and forth to a partner or against a wall using both hands to catch and watch the ball along the way to address eye hand coordination.
- To increase the complexity of the activity, add cognitive challenges such as naming states or categories going through the alphabet (fruits, vegetables, cars, etc).
- Use the smaller ball to increase the difficulty, use the smaller ball to bounce and catch with the same hand, alternating hands, etc.

Thera-putty (play dough or silly putty)- Improves hand strengthening and coordination.

- Practice squeezing the dough especially with the weaker hand.
- Pull the dough apart with both hands and squeeze back together like you are “making taffy”.
- Roll the dough on the table like a snake, then pinch the roll flattening it out.
- Hide items such as coins or marbles and remove them from the putty.

Cognitive activities and scanning tasks:

- Large print search-a-word, crossword puzzles, and sudoku are excellent cognitive activities. They can be increased in difficulty as they become easier. This addresses attention, scanning, problem solving, and memory.
- Games such as “hangman”, tic tac toe also helpful.
- Puzzles- they can range from 24 pieces to 100 or more pieces depending on complexity needed.

Adult Coloring book- coordination and attention skills as well as writing skills.

Fine Motor Coordination tasks:

- Clothes pins- pinch the clothespins and place on the side of the therapy box or another surface. To encourage shoulder range of motion place the box on a higher surface. Words can be written on the clothespins to practice speech goals.
- Coins- practice picking up coins one at a time and hold as many of them as possible in your hand then put them down one at a time. Incorporate cognitive activity to count the money, sort the coins, make change, etc. You can also place coins in a bank or slot made in the top of a plastic container.
- Small jenga game- This can be played by trying to remove pieces and placing them on top. This can also be used to stack the blocks on top of each other or picking them up one a time to address coordination and problem solving for the game.

- Small alphabet blocks- practice making words or stacking on top of each other. Ask family members to make a block design and try to copy it. This addresses visual perceptual skills as well.
- Notebook to practice writing skills or journaling.

Thera-band exercises for arms and legs: Please see attached reference for ideas.

Aphasia/ Speech exercises-

- Practice naming each item in the box such as letters on the alphabet blocks, objects such as ball, balloon, etc.
- Practice naming items on the word cards.
- Newspaper. Practice reading the headlines, looking at the index to locate sections such as weather, sports, TV guide, etc. There are many therapeutic tasks that can be done with a newspaper and could be beneficial to subscribing to your local paper including orientation, current events, and reading/ scanning. Circle headlines, specific words on the page as you try to read aloud.
- Books: Practice reading aloud or naming objects in the books.

Most board games or card games have a therapeutic value in many ways. This includes but not limited to Uno, Connect 4, Sequence, Hangman, Monopoly, Scrabble, "Guess What", Charades, Legos, Buzz World, Taboo, Clue, Apples to Apples, Loaded Questions, Checkers, Chess, Battleship, Wii games, etc.