



Out of This World OT Session



Thanks to Thrive SPC Occupational Therapist **Maggie McGhee*** for sharing one of her inspirational and creative OT sessions with us. Families, nurses, and therapists, here's a creative way to improve VMI; promote impulse control, praxis, and proprioception; and have some over-the-moon fun!

✦ **Flight training:** Toss something like the astronaut Squishmallow in the photo back and forth like a ball to work on VMI skills and impulse control.

✦ **Space walks:** For body awareness, praxis, proprioceptive input, and impulse control, while singing or listening to the inspirational tune, *Defying Gravity* (from the Broadway musical, *Wicked*) practice:

- ✦ walking in slow motion as if you are walking on the moon
- ✦ stomping around on Jupiter
- ✦ spinning while walking as if you are an asteroid in the sky
- ✦ running on tip toes as if you are running on the sun



✦ **Constellation Dot-to-Dot:** Make a few simple connect the dots (like a five-point star or the Big Dipper) to help with VMI skills, fine motor coordination, sequencing, and visual scanning. While completing this activity, engage with the child by asking: "What's your favorite constellation?" OR "What's one 'out of this world' moment you had this week?"

✦ **Social Story:** For executive functioning, emotional regulation, social skills, if/then approaches, and safety awareness tell the story of "Brock," the astronaut pictured above. He is ironically afraid of heights, according to his tag. Discuss what to do if you are feeling scared and ways to make ourselves safe.

Understanding OT Terms

- ✦ **Visual motor integration (VMI):** the ability to incorporate visual information that we perceive with our motor skills in order to correctly execute movement of our arms, legs, and body. Visual motor skills are integral to efficient and coordinated movement, which allows a child to successfully engage in daily occupations.
- ✦ **Praxis** is the ability to interact successfully with the physical environment; to plan, organize, and carry out a sequence of unfamiliar actions; and to do what one needs and wants to do.
- ✦ **Proprioceptive input** or **proprioception** is sensory input we gain into our joints and muscles to tell us about our movements and body position.



*Follow Maggie on Instagram at [ro.ot.edinlove](https://www.instagram.com/ro.ot.edinlove) and follow Thrive SPC on Facebook at www.facebook.com/thrivespc