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Welcome to

Fabricating Fun, Low Cost and Effective Therapy Activities Out of Recycled Materials



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What to Expect Today

How to design and adapt activities to promote

- engagement, motivation, persistence
- sensory processing
- motor, cognitive, visual perceptual skills
- functional skills

Benefits of using recycled materials

Teaching strategies



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What You will see

- Photos of activities and some of my clients using them
- Illustrations of activities from my book *The Recycling Occupational Therapist*
- Links to YouTube Videos demonstrating how to fabricate or use the activities.....

More resources can be found at

- RecyclingOT.com
- RecyclingOT.blogspot.com
- <https://www.facebook.com/pages/The-Recycling-Occupational-Therapist/113805848640610?ref=hl>

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How it all began

I noticed that detergent bottles....

- Sturdy
- Heavy/proprio
- Colorful
- Versatile
- Insertion tasks
- Handles comfy
- Labels fun to remove



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25 years later.....

Plastic bottles remain one of the most useful item in my recycling bin !!!



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A Bit About Me

- B.A. English
- House parent in group home 1978
- Sheltered Workshops
- M.S. BSOT Tufts



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A Bit About Me

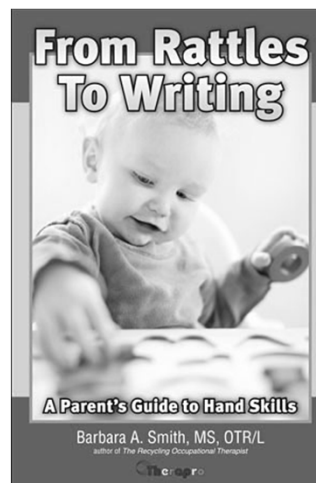
- Early Intervention
- Special Ed collaboratives
- Hogan Regional Center
- 9 years in public schools



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Author of award winning.....

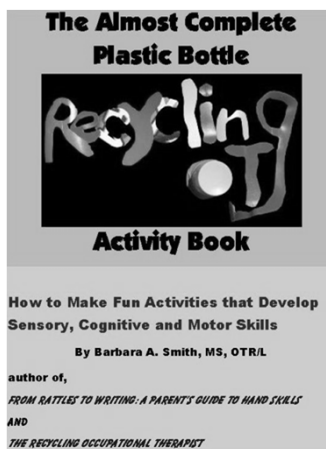
From Rattles to
Writing:
A Parent's Guide
to Hand Skills



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Amazon/Kindle.....

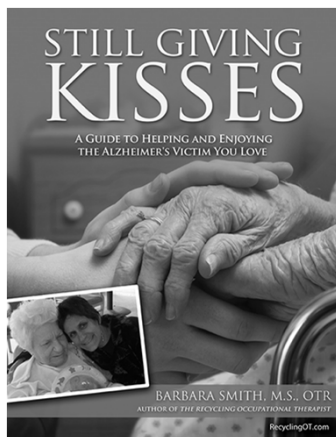
Almost
Complete....



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A Bit About Me

Daughter of a mom who had Alzheimer's Disease



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A Bit About Me

- Author of upcoming book about 1) challenges that impact how children with autism develop hand skills and 2) strategies that help them to develop hand skills



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A Bit About Me

- Hippotherapy- fun and effective!



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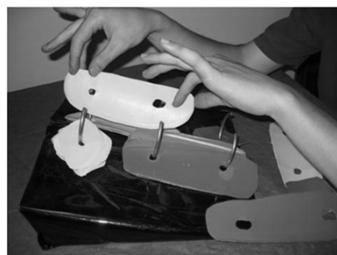
Back to working with adults with DD



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Learning Objective 1

Participants will be able to recognize the skills to design, individualize, fabricate and treat using recycled materials to promote cognitive, fine motor and visual perceptual skills.



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Learning Objective 2

Participants will be able to identify how to adapt both home-made and commercially available products to add sensory components that promote engagement and learning.



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Learning Objective 3

Participants will be able to recognize how to use at least five teaching strategies or principles including the following:

- 1) how to simplify for easier success,
- 2) how to add challenge to build on achieved skills,
- 3) how to make "success-only" activities,
- 4) teach either "take apart" or "put together" but not both to avoid confusion,
- 5) "take apart" is generally easier to learn before "put together".

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Types of Recycled Materials

1. Plastic detergent, dishwasher soap, juice containers (vary in size, strength, colors)
2. Soda bottles, coffee cans
3. Old clothes/fabric
4. Plastic supermarket bags
5. Bottle/container caps/covers
6. Cardboard boxes- all sizes
7. Calendar pictures, newspaper, other paper
8. Long clear tubes sold to hold fluorescent light bulbs

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Types of Containers

Square containers



Cup holder



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Types of Containers

- Oatmeal/other round containers



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Pretty Containers....



22

Small and Large Cardboard Boxes



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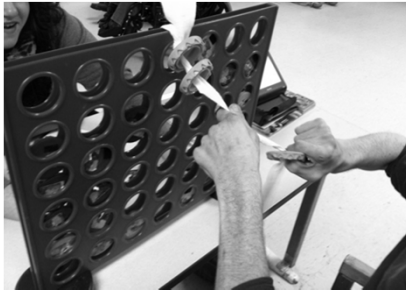
Flat Cardboard Boxes....



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Bottle Caps and Covers

- Broken checkers replaced with large juice bottle covers
- Small bottle caps on "Take-Apart Box"



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Using Fabric and Old Clothes



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Tools of the Trade....

[youtube.com/watch?v=4Y5DHPGrg2c](https://www.youtube.com/watch?v=4Y5DHPGrg2c)

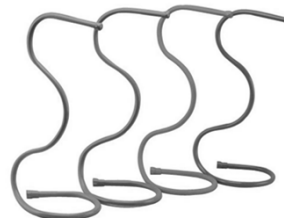
Video demos
Cutting with
tools



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Purchased products used in activities.....

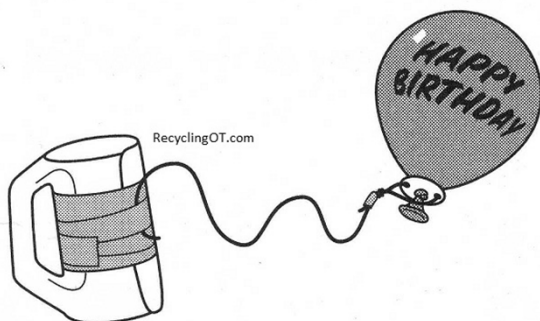
- Velcro
- Children's battery powered toothbrushes
- Sand (or take from the beach)
- Cord, string
- Duct tape
- Coil watering hose
- Hummingbird mister
- Slinky
- Music button switches



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How to design and adapt activities to promote motor, cognitive, Visual Perceptual skills

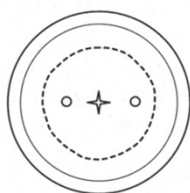
- Promote reaching and grasping



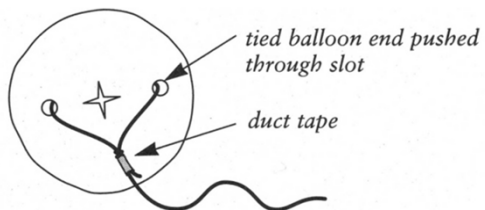
29

Adapting Balloon Holder

Larger handle for grasping balloon



A. Baby-wipe container cover with two holes



B. Attach cord

30

How to design and adapt activities to promote motor, cognitive, visual perceptual skills

- Promote reaching and grasping



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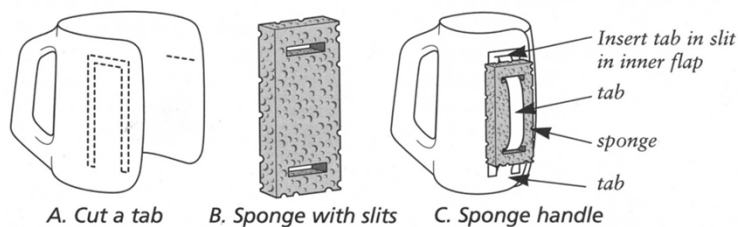
Enlarging Handles

Dishwasher soap and detergent bottles were designed to fit comfortably inside the palm!



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Sponge Painting



33

Large handle for person with hemiplegia

- Wrapping yarn to make pom-pom



34

Bottle must be stabilized to -

Pull rings off cord



35

Enlarging Handles

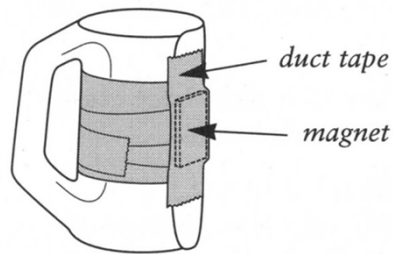
A large handle can be attached to a container



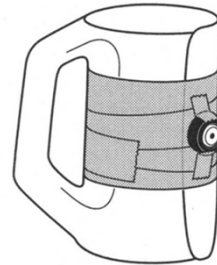
36

Easy to grasp magnet and music switch

- Magnet and music switch on handles



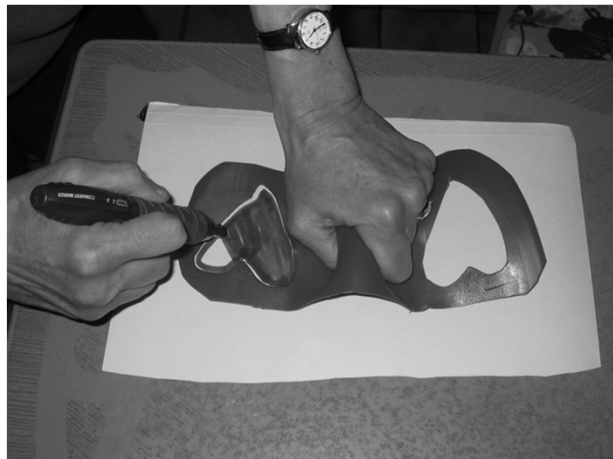
Handle on a magnet



Pushbutton musical switch on handle

37

Handle to promote functional grasp during painting/coloring



38

Adapting to stabilize with handle

Detergent, dishwasher soap or juice bottles



39

Promoting Bilateral Hand Use

Make activity larger, heavier or awkward so that two hands are required to use



Sandbag into a bottle

40

Making Activities Vertical or Raised

To promote ROM, visual attention and improve posture



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Making Activities Vertical or Raised

Book stands or cardboard boxes folded into triangular shape



42

Making Activities Vertical or Raised

Raising material with a box



43

Bookstands to Raise and Angle

Velcro and button boards



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Promoting Motor/Cognitive/Visual Perceptual Skills

Larger and fewer holes on lacing boards
 Thicker cord to string
 Larger donut shapes/rings to string



45

Adapted Peg board

- Easy to grasp "pegs"
- Deep holes prevent falling out



<https://www.youtube.com/watch?v=ZGl1qdAaPl8>

46

Promoting Motor Cognitive/Visual Perceptual Skills

Adapted shape sorters
Can have 1-2 shapes



47

2 shapes insertion

Lots of practice with only 2 shapes



48

Form board variety using only 3 shapes



49

Folding Practice

Folding picture to fit in slot



50

Visual-perceptual shape ring stacks



51

Adapting Activities to have sensory-attributes

1. Using weighted materials
2. Adapt to require push, pull or squeeze
3. Add vibration
4. Add visual stimulation
5. Integrate with movement

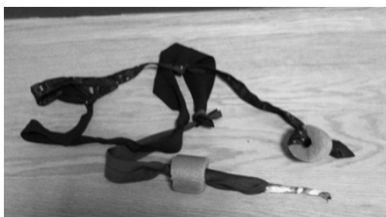
Photo: vibrating stringing
Attached to weighted lap bag.



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Adapting Activities to have sensory-attributes

Pulling rings on with force
Knots tied onto tie....



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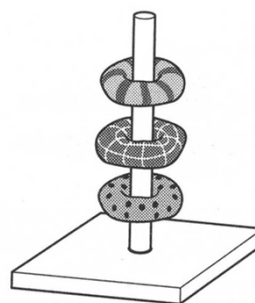
Socks filled with sand

Weighted materials may be integrated into
activities or positioning



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Weighted ring made of socks



Ring stack of sensory materials

55

Bag of sand sewn to bottom of cat bed Weighted socks and toothbrush sewn to cat bed



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Giant Sensory Bins



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More Resistive Activities



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Coil activity made from watering hose



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"Sensory Pull 1,2,3"



60

RecyclingOT makes Sensory Pull Toy video

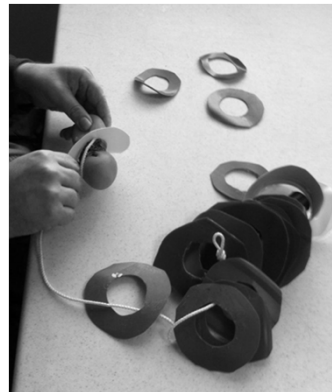
<http://www.youtube.com/watch?v=ijg47rGZygE&list=UUKGiNH-Tzsn25RK9I4PiWeA&index=6>



61

Very resistive....

- Pulling shapes off my broken phone charger
- String with squeeze ball attached



62

Wearing Weighted Old vests and sweaters

Using sand in plastic bags



63

Vibration = proprioceptive input

- Motorized toys
- Massagers
- Electric toothbrush motor
- Squiggly Wiggly Writer motor



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Adapting Activities with vibration



65

Vibrating Ring Stacks

Using massagers, motorized pens.....



66

How to Make Vibrating Candy Cane Ring Stack

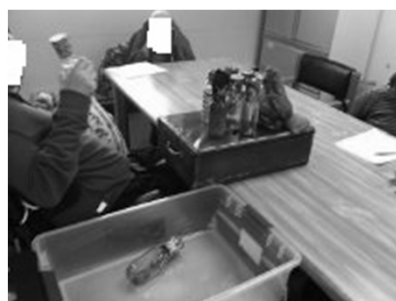
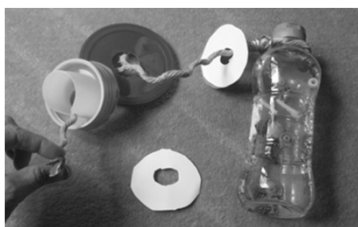
<https://www.youtube.com/watch?v=JXS0ucGHwjg>



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Visual Sensory Adaptations

Sensory bottles filled with water and swirling objects



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Activities that teach dressing skills

- https://www.youtube.com/watch?v=ij_nWQ6yILY



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Sensory Rings - all sizes

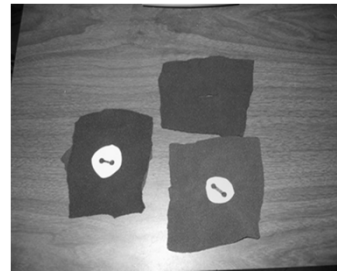
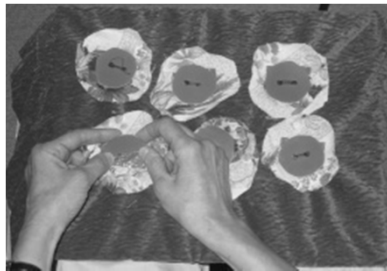
-motor planning to put clothes on/off
pressure



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Button Squares and Boards

Lots of practice
Easy to grade



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Button Stringing



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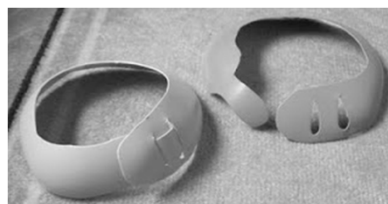
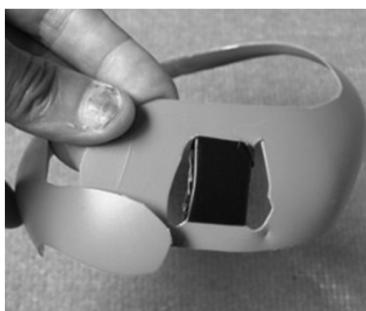
Opening buttons, buckle, zipper and snap Teaching Techniques

Reward after all fasteners opened!



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Pre-Buckling skills



74

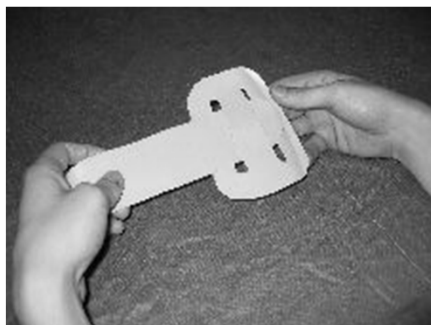
Pre-Buckling Skills



75

Teaching over/under motions...

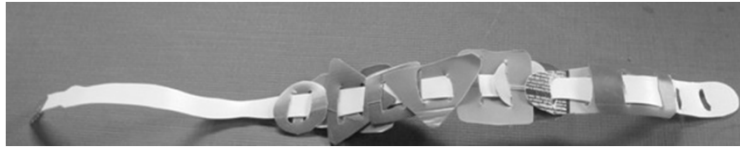
For dexterity and functional skills...



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Weaving strips cut from plastic recyclables

- Easy to grade
- Fun to do!!



77

Heart weaving on plastic strip

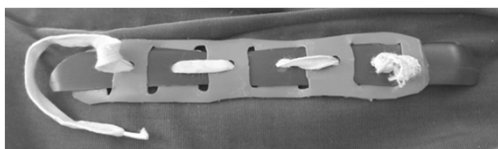
Valentine's Day theme



78

Weavable toys

<https://www.youtube.com/watch?v=igOwXOfzu38>



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How to make success-only activities

Design so that only works when done correctly

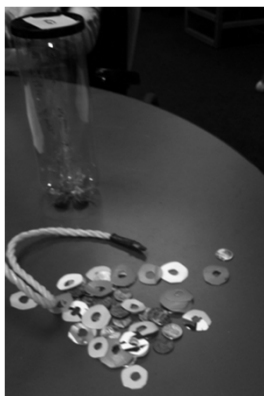


80

How to Make success-only activities

Coins fit into slot in container

Small rings go on cord

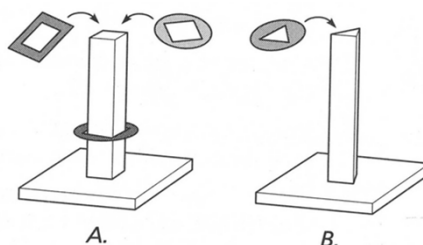


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Combine color and shape matching

Design activities so that shape matching will result in color matching.

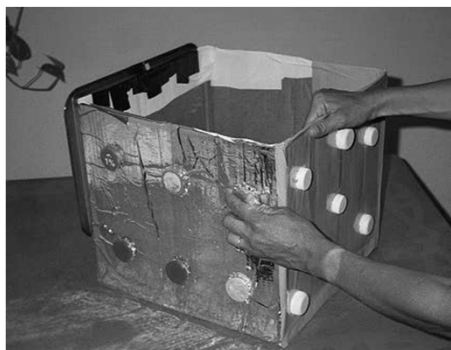
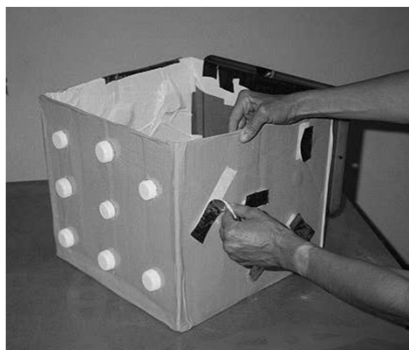
- Red rectangular ring on red rectangular stack
- Blue triangular ring on blue triangular stack



82

**Take apart is generally easier than
put together**

But don't teach both....



83

Snowman

- Buttons
- Lacing
- Tying
- Screw Cap

Can undress
Snow man before
Bath time.....



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Review

Promote success by:

1. Simplifying activities
2. Adapt materials to have sensory attributes
3. Incorporate repetition
4. Create success only activities
5. Teach either "take apart" or "put together" but not both
6. Add challenge to build on previously achieved skills and.....

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Make Learning Fun!!!!

Thank-you for taking this course.....



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Questions?

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recyclingot@gmail.com

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