

# At Home Activities to Help Your Child

It is important to encourage your child to use their injured hand/arm/leg during the healing process. As burns heal, the skin needs to be stretched to allow your child the ability to use their hand/arm/leg in the future.

## 1. Sensory Stomp Painting with Bubble Wrap



### Sensory Stomp Painting



#### Supplies Needed:

- Poster Board
- Bubble Wrap
- Washable Paint
- Tape

#### Directions:

Place a variety of colors of paint on poster board. Cover with bubble wrap. Tape bubble wrap to poster board. Have your child jump and stomp on the bubble wrap!

## 2. Sensory Zip Lock Bags



Option 2

#### Supplies Needed:

- Zip Lock Bag, Baby Oil, Food Coloring, Water (**Option 1**)
- Zip Lock Bag, Hair Gel, Food Coloring, Small Animal Toys (**Option 2**)

#### Directions:

**Option 1-** Place baby oil in bag. Add drops of food coloring to baby oil. Add Water to bag. Lastly close bag getting most of the air out.

**Option 2-** Place hair gel in bag. Add drops of food coloring. Place small animal toys inside bag.

## 3. Sorting Pom Poms



#### Supplies Needed:

- Paper Towel/Toilet Paper Rolls
- Tape
- Pom Poms/Cotton Balls

Directions: Place rolls on the wall with tape. Have your child pick up the pom poms and put them into the tube one by one. The rolls can be placed at various heights depending on OT recommendations.