

## Physical Therapy Resources While at Home

### What I can provide:

- General Gross Motor Activities and Ideas: Visit the ACCEL website <https://www.accel.org/> to find gross motor activities, positioning ideas, and useful resources that you can complete with your student while at home.
- Zoom Consult Calls: to answer any questions on how to use any physical therapy equipment while at home, to assist with proper positioning, or to answer any other physical therapy questions. Please send me an email to set up a Zoom call!
- Email: I will be available to answer any short questions via email (alarosa@accel.org). If there are any questions you have please let me know!
- Creating Home Exercise Programs: are you wanting more specific guidance on activities for your student to complete at home? I can help create a list of strategies and activities for you students to complete. However, you must also complete either a Zoom or a phone call to ensure that the activities are being completed safely.

### Free Internet Access:

- Spectrum is providing free internet access for families who have students enrolled in school. Call this number to get it set up: 1-844-488-8398

### Kids Activities Involving Screens (so you can work):

- Youtube channels to get your kids moving:

<https://www.gonoodle.com/>

<https://www.youtube.com/user/CosmicKidsYoga>

- Virtual Field Trips:

<https://www.montereybayaquarium.org/animals/live-cams>

<https://zoo.sandiegozoo.org/live-cams>

- Educational Resources:

<https://www.brainpop.com/>

<https://pbskids.org/>

**Gross Motor Activities to do with your Student:**

<https://www.pinkoatmeal.com/>

<https://theinspiredtreehouse.com/activities-index/>