

Common Household Items for Virtual OT and PT



Fine Motor and Visual Motor



Goal Area

- Strength
- Coordination
- Dexterity
- Manipulation
- Bilateral Coordination
- Tool Use
- Handwriting
- Typing

Useful Household Items:

From the Office

- Paper clips
- Binder clips
- Magazines
- Hole punch
- Rubber bands
- Scissors
- Glue/Glue stick
- Crayons
- Coins
- Piggy bank

From the Closet

- Buttons
- Shoelace/string
- Shoe Box

From the Laundry Room

- Clothespins
- Laundry Basket
- Socks

From the Toy Box

- Chalk
- Paint brush
- Playdough
- Bubbles
- Beads
- Legos
- Stickers
- Tissue paper
- Construction paper
- Balloons
- Pipe cleaners
- Ball
- Deck of Cards
- Dice

From the Bathroom

- Cotton balls
- Tweezers
- Spray bottle
- Shaving Cream
- Paper towel or toilet paper rolls

From the Kitchen

- Colander
- Egg carton
- Cereal box
- Paper plates
- Paper Bags
- Straws
- Chip clips
- Toothpicks
- Turkey baster
- Tongs
- Cookie cutters
- Sponge
- Rice/beans
- Dry Pasta
- Recycled Containers – Coffee, Sugar, Water
- Ziplock Bags
- Water Bottle

Gross Motor



Goal Area

- Strength
- Coordination
- Agility
- Balance
- Speed
- Ambulation
- Core Strength

Useful Household Items:

From the Toy Box

- Ball
- Balloon
- Stuffed Animal
- Hula Hoop
- Bubbles
- Bucket or Box
- Deck of Cards
- Dice

From the Kitchen

- Soup
- Cans
- Paper Plates
- Plastic Cups
- Milk Jugs
- Water Bottle

From the Office/Bedroom

- Chair
- Stairs/Steps
- Blanket
- Pillow
- Pillowcase
- Painter's Tape

From the Bathroom

- Towel Paper
- Towel Roll
- Toilet Paper Roll

From the Laundry Room

- Clothespins
- Laundry Basket

From the Closet

- Belt
- Backpack
- Socks

Self-Regulation

From the Kitchen

- Straw
- Sponge
- Rice/beans
- Dry Pasta
- Ziplock Bag
- Water Bottle
- Food Coloring
- Chewy foods
- Sour foods

From the Bathroom

- Personal Hygiene items
- Sponge
- Shaving Cream
- Scented lotion or essential oils
- Brush

From the Toy Box

- Stuffed animal
- Balloon
- Bubbles
- Playdoh
- Dice

From the Bedroom

- Blanket
- Pillow

Self Care



Goal Area

- Dressing
- Self Feeding
- Hygiene
- Personal Care

Useful Household Items:

From the Closet

- Coat or Jacket
- Shirt
- Shirt with buttons
- Shirt with snaps
- Shirt with zipper
- Pants with buttons
- Pants with snap
- Shoelace/string
- Socks
- Shoes
- Hat
- Gloves or mittens

From the Kitchen

- Utensils
- Bowl
- Cup

From the Bathroom

- Personal Hygiene Items
- Soap
- Sponge
- Brush

From Your Laundry Room

- Laundry Basket
- Clothespins
- Items for Household chores