

Occupational Therapy Card Match

What it works on:

- Fine motor skills
- Dynamic standing balance
- Endurance
- Dynamic sitting balance
- BUE strength
- BUE ROM/reaching
- Attention
- Cognition
- Problem Solving
- L neglect/Scanning
- Visual discrimination

How to use it:

- Place board on easel and on rolling table; lower table or raise table as needed for sitting or standing
- Place board on easel and on ground to practice on sitting balance (LE dressing balance, etc.)
- Place board on back of mirror using Velcro (simulating reaching higher, i.e. into cabinets, etc.)
- Match colors, numbers, suits, or all three at the same time
- Practice putting cards up and taking cards down
- Practice standing balance and/or sitting balance
- Split cards in half and see who can get the most matches in a limited amount of time (therapist versus patient)
- For L neglect, place the board to their left or the cards to their left and have them scan to place them on the board or pick up the cards
- For speech purposes, have them say card colors, suits, and numbers out loud