

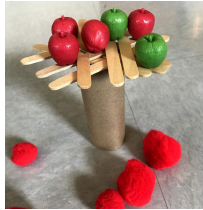
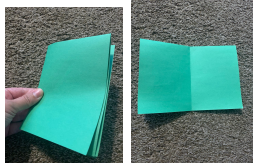
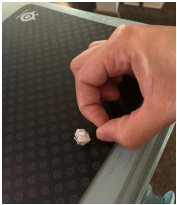

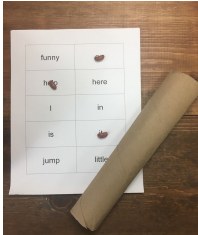







May 2020 OT Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Fine Motor (FM): Draw characters (could be StarWars for 5/4) and pretend play with toilet paper roll characters (can use cardboard or paper if you don't have paper towel or toilet paper rolls)</p> <p>Gross Motor (GM): Lay on your back on the floor and draw on ceiling with flashlight (practice letters, numbers, shapes) Try to keep your arm straight up while you do it</p>	<p>5</p> <p>FM: Cutting out letters in a magazine to build name, sight words, or a message</p>  <p>GM: Place letters on ground in alphabetical order- Jump with both together (don't let your feet com apart)- from letter to letter, over the letter Say letters as you jump!</p>	<p>6</p> <p>FM: Tracing Shadow of Toys</p>  <p>GM: place puzzle one side of room or large carpet. Place puzzle pieces on opposite side. Have child log roll across the carpet to get the puzzle piece and log roll back to the other side to put th pieces in the puzzle. Repeat until completed</p>	<p>7</p> <p>FM: take toilet paper roll outside, try to balance sticks across the top. You can add rocks, flowers or other things to the top and work on fine motor control. (can do with other items in house -image below)</p>  <p>GM: stand back to back with parent or sibling and pass ball around waist. You can also do over head/between legs</p> <p>See Picture Series 1 below</p>	<p>8</p> <p>FM: draw or pick flowers for a special person in your life (mom, grandma, aunt) Make a card and practice folding paper</p>  <p>Gross Motor (GM): Grab the special woman in your life (mom, aunt, grandma, big sister) and play music freeze with your favorite song</p>
<p>11</p> <p>FM: tear small pieces of paper and wad into small balls. Play finger soccer and flick the paper across the table (you can draw goals to try to hit as well).</p>  <p>GM: use cups to stack to build towers or towers that match yours. You can solo cups or plastic household cups or play cups.</p> 	<p>12</p> <p>FM: use an old shoe string and count how many knots you can tie in it. Can you untie it when you are done?</p> <p>GM: Call out a sight word and hold toilet paper roll or paper towel roll over the sight word. Drop a bean, button, or small rock in the hole to land on the sight words</p> 	<p>13</p> <p>FM: practice pouring water into different sized containers without spilling (can work on measuring)</p> <p>GM: Lay on stomach on swing or chair to color or draw</p> 	<p>14</p> <p>FM: Practice putting in and taking out batteries in remote, flashlight or other items in the house with parent help</p>  <p>GM: Chalk obstacle course</p> <p>See Picture Series 2 below</p>	<p>15</p> <p>FM: Practice building letters using pens, pencils and crayons. You can talk about short and tall lines using letters. You can also make shapes.</p>  <p>GM: use pillows,blankets, clothes, stuffed animals or other large objects to make BIG letters and numbers</p> 

<p>18 FM: use a tupperware lid and small item (bean, cereal, pom pom, marble, etc) and have child try to hold the lid and carefully roll small item around to hit targets (can use sticker targets, marker written targets, letters, numbers, or just one single target).</p>  <p>GM: Lay on your back on the floor and point flashlight at ceiling. Have your parent or sibling do the same. You can play flashlight tag now. Be sure to try and keep your arm straight up while you do it.</p>	<p>19 FM: Parent draws shapes, letters or name and child will build it using small item (cereal, stickers, beads, beans, buttons, rocks, etc).</p>  <p>GM: Tape items to the underside of a table or chairs and have children lay on back and scoot across floor to go find the pieces</p> 	<p>20 FM: make playdoh Recipe Below</p> <p>GM: Play tug of war (use rope, sheet, blanket)</p>  <p>Blanket Games © www.youthwork-practice.com</p> <p>*you can also have your child pull another child or items like books, blankets and pillows, etc across the room on a blanket if tug of war isn't an option</p>	<p>21 FM: use playdoh to poke shapes/lines and then cut</p> <p>See picture series 3 below</p> <p>GM: Ball drop relay race</p> <p>For this activity, set the bin of balls at one end of your area and the empty bin on the opposite side. Leave enough space between the bins so that you child can run between them while carrying the balls.</p> <p>The object is to get as many balls as you can from the full container to the empty one. They have 1 minute to see how many they can get. We also set the rule that if any balls fell out of their arms or did not make it into the container they did not count. But you could adapt these rules to fit your child's abilities.</p> <p>When the timer goes off, have them count how many balls they were able to get into the empty container.</p> <p>*You can use socks rolled in a ball or any other object you have several of for this activity</p>	<p>22 Have a fun outside water day! See some fun ideas below!</p> <p>*Water balloons thrown at chalk targets</p> <p>*squirt guns</p> <p>*fill a large tupperware or tub with water and make a water table for pouring cups, strainers, and pitchers of water</p> <p>*Freeze toys in ice, use water toys or spray bottle to melt ice and rescue toys</p> <p>*paint with water on fence, house, ground, or other surfaces</p> <p>*put a bowl behind you, stand with bowl at the back of your legs, take cup of water and pour it over your head and try to get it to land in the bowl.</p>  
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Digital Handwriting Practice Options include:

Handwriting Heros Youtube Videos (you can have your child practice these letters along with video). Pick a group of letters to practice for each week to give time to repeat the formations of the same letters several times during the week!)

- Skydivers (l, t, k, i, j): https://www.youtube.com/watch?v=n4A23g_Jwhw&t=4s&disable_polymer=true
- Bouncers (h, b, p, m, n, r) : https://www.youtube.com/watch?v=AEh4F2_TjWE
- Cannon Pops (c, a, d, o, g, q): https://www.youtube.com/watch?v=ZeOOB-GVOyl&disable_polymer=true
- Skiers (v, w, x, y): <https://www.youtube.com/watch?v=x1uYdC0dQLQ>
- Surfers (s, u, f, e, z): <https://www.youtube.com/watch?v=zLM5Hij5dC0>

Learning Without Tears

90 day free trial is provided if you create an account to practice handwriting

There are virtual video tutorials to learn to use the site available. You can virtually go through workbooks and access the fun interactive apps from this site:

<https://www.lwtears.com/programs/distance-learning>

Picture/Video Series 1 from PinkOatmeal



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



<https://www.youtube.com/watch?v=js0dMpVpODk>

Picture Series 2



Digital video option here: <https://www.youtube.com/watch?v=3KFkcZ6cpd8> or <https://www.youtube.com/watch?v=rPadK0qaid8>

Recipe

NO COOK PLAY DOUGH RECIPE

Mix Together

- 1 1/4 cup of all-purpose flour
- 1/3 cup of fine salt
- 2 tablespoon of cream of tartar
- 1 tablespoon of vegetable oil
- 1 tablespoon of coconut oil or glycerine (optional)

Add

- 3/4 cup of boiling water (I mix in food coloring to water prior to heating water up in microwave).

- You can wear gloves (or let it cool a little bit until you can touch it) and mix the **very hot** play dough by hand to make sure the dough is kneaded thoroughly, which spreads the heat, dissolving the granules to make a smooth texture.

Note

- *If too sticky add a little more flour

- *If too dry add a little more water

- *Coconut Oil and Glycerine give the play dough a super silky texture

- *Cream of Tartar is a preservative, it makes the play dough have a longer shelf life.

Picture Series 3

