

Mommy OT School Lesson Plans

With the COVID-19 virus stay-in-place restrictions, we are all trying to do our best to keep up with our own work and family obligations while keeping our kiddos engaged and learning. I am a pediatric occupational therapist and professor of occupational therapy. I have a 3-year-old and 5-year-old home with me for the next month. I have created these lesson plans based on the Handwriting Without Tears Program by Jan Olsen, OTR/L, my colleague, Bethany Tackett, MOT, OTR/L from Ability KC and my personal OT bag of tricks. At this time the Learning Without Tears website is offering free resources for parents and can be found at <https://www.lwtears.com/>. Feel free to borrow my “Mommy OT School Lesson Plans” or pass them on to other parents who may be searching for activities to keep the kiddos healthy, learning and growing. I have tried to carve out about 2 hours of every day to perform “Mommy OT school,” but due to work obligations the times at which we’ve performed school have varied. Even if you don’t have time for all these activities, feel free to incorporate a few of them. The key is to provide some normal routine and structure for the kids. You’ll notice that every day we start with a welcome song, warm-up activity, and obstacle course before getting into the lesson which has helped lessen the anxiety during these uncertain times. I’ve tried to incorporate lots of gross motor, fine motor, sensory, and visual motor activities using everyday house-hold items, but if you don’t have them- be creative and substitute with what you do have. We’re all getting to practice adaptation daily! Feel free to contact me at Katherine.ryan-bloomer@rockhurst.edu if you have any questions. I hope these are helpful. Be well and try to look at the bright side of getting the opportunity to reconnect with your kiddos on a whole different level.

Day 1:

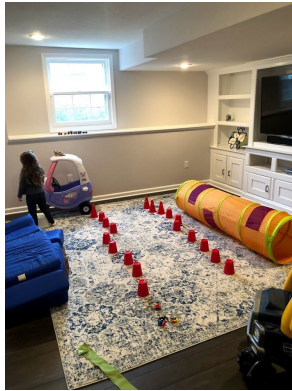
Weekly theme: capital stick letters

Daily theme: L, Little Engine that Could or Little Red Caboose

- Welcome song
- Wheels on the Bus Warm up song- (stand up and act out circling arms for round and round, lifting arms up and down for windows up and down, waiving straight arms from side to side for wipers swishing, walking backwards for move on back, pushing arms into ground like a push up for horn going beep, spreading out fingers for lights go blink)
- Listen to “Where do we start our letters at the top?” HWT song. Practice making letter L with wooden sticks and tracing it with finger
- Obstacle course:
 - Pick up 2 wooden or foam blocks
 - Crawl through a tunnel
 - Reach up on a bookshelf to place the blocks into a train
 - Squat down pick up train cars or small toys
 - Place small toys into large rideable toy or scooter
 - Wind through path of cones, solo cups, or plastic cups (curved path without hitting) – train moving down the train track without falling off
 - Connect train cars in a line
 - Pick up art supply (markers, glue, tissue paper)

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- Step onto step stool and jump off
- “Climb over mountain” (kid chairs stacked on top of dog bed or couch cushions)
- Walk on a long ribbon to simulate walking on a balance beam or train track
- Drop art supply in basket or bowl
- Start again and repeat 4-6 times



- Snack time: Little red caboose toast
 - Use ikea child-sized knives and have children spread strawberry jelly on toast
 - Pick up banana slices and put at bottom of toast to represent wheels.
 - Pick up and place blackberries (3) to represent windows
 - Eat snack
 - Wash hands, go potty

MOMMY OT SCHOOL LESSON PLANS



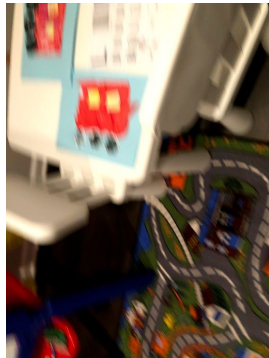
- Handwriting time
 - Arrange sticks into letter L and trace with hand
 - Roll out playdoh into one long snake and one short snake to make letter L
 - Use magna doodle to draw letter L or use wooden stamps to press the letter on then trace with magna doodle pen
 - Push Wikki stick on table to form letter L and then feel it with fingers.
 - Then introduce Letter L worksheet
 - 3 yr-olds- just work on identifying the smiley face and making vertical line from top to bottom, then horizontal line from side to side- can provide assistance
 - 5 yr-olds- have them complete worksheet independently and color in the pictures without going outside lines. Draw boundary lines (top and bottom and dashed middle line on chalkboard or dry erase board easel and then one below just like it. On the top line spell "Lola licked a Lemon Lollipop." Then have child copy letters- may use different color chalk to give starting dots for each word.



- Craft time: Little Red Caboose
 - Create a rectangular template, 3 circles ~ 1-2 inches, 2 squares ~1-2 inches

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- 3-year-olds work on helping trace around Wikki stick borders or just coloring inside shapes
- 5 year-olds- imitate how to trace initial template and have them trace or have them draw rectangle (connect dots), squares and circles. When making circles always start at top and go around counterclockwise (better for future letter formation)
- Tear red tissue paper
- Color circles black
- Color squares yellow
- Glue rectangle onto background paper
- Glue torn red tissue paper onto rectangle
- Glue wheels below rectangle
- Glue windows on red caboose



Day 2: Weekly theme: capital stick letters (Frog Leap letters)

Daily theme: F, A Fishy Tale (or One Fish, Two Fish)

- Welcome song
- Wheels on the Bus Warm up song- (stand up and act out circling arms for round and round, lifting arms up and down for windows up and down, waiving straight arms from side to side for wipers swishing, walking backwards for move on back, pushing arms into ground like a push up for horn going beep, spreading out fingers for lights go blink)
- Listen to “Where do we start our letters at the top?” HWT song. Practice making letter F with wooden sticks and tracing it with finger
- Obstacle course:
 - Pick up 2 go Fish cards sprinkled on floor (turned over)
 - “Pretend to swim through the sea” – Commando crawl over blue kid chairs flattened into bed position (could use a blue blanket or sheet over couch cushions)
 - Match the cards into the correct category
 - Pick up Frozen figurines or dolls
 - Sit on sled and secure doll while mom pulls the sled over the rug to “sled across the frozen river”

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- Place Frozen figurines into their “sled” (a basket)
- Select one pieces of Fire fighter clothing (jacket, vest, hats, toy ax) and put it on
- Stop, drop and roll (horizontal roll down the rug) to simulate what fire fighters may do
- Use magnet fishing pole to pick up a magnetic fish puzzle piece then put it on large fire truck toys
- Creep (crawl on all 4’s) to push fire truck to the puzzle about 10 feet to place puzzle piece into correct form board

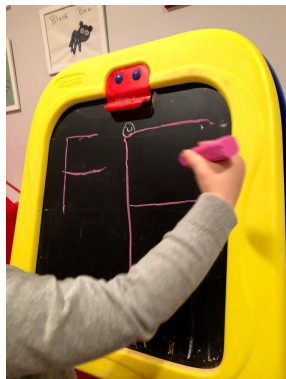


- Snack time: Fruit kabobs
 - Cut up lots of fruit (pears, strawberries, bananas, black berries, raspberries)
 - Have kids push fruit onto wooden skewer stick in a pattern (can vary complexity based on age)
 - Pull fruit back off to eat
 - Wash hands and clean up

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- Practice writing letter F with different mediums
 - Arrange sticks into letter F and trace with hand
 - Roll out playdoh into one long snake and one short snake to make letter F
 - Use magna doodle to draw letter F or use wooden stamps to press the letter on then trace with magna doodle pen
 - Push Wikki stick on table to form letter F and then feel it with fingers.
 - Then introduce Letter F worksheets
 - 3 yr.- olds- just work on identifying the smiley face and making vertical line from top to bottom, then 2 horizontal lines from side to side- can provide assistance, color in shapes on page and try to stay on the line.
 - 5 yr- olds- have them complete worksheet independently and color in the pictures without going outside lines. Draw boundary lines (top and bottom and dashed middle line on chalkboard or dry erase board easel and then one below just like it. On the top line spell "Fred Fox fell forward." Then have child copy letters- may use different color chalk to give starting dots for each word.



- Craft: Nemo
 - Pour orange paint on paper plate
 - Draw a Nemo fish on white paper or print out a Nemo cut out
 - Draw dots and have them connect the lines to make vertical stripes

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- Use cotton ball to dip in paint and paint the entire fish except the two white stripes
- Cut shape out and glue on blue paper
- Game: Go Fish moving fishing pond game
 - Play “Go fish” game with fishing poles trying to obtain as many fish as possible or
 - Play “Go Fish” card game

Day 3: Weekly theme: capital stick letters

Daily theme: E, Easter Bunny School

- Welcome song
- Wheels on the Bus Warm up song- (stand up and act out circling arms for round and round, lifting arms up and down for windows up and down, waiving straight arms from side to side for wipers swishing, walking backwards for move on back, pushing arms into ground like a push up for horn going beep, spreading out fingers for lights go blink)
- Listen to “Where do we start our letters at the top?” HWT song. Practice making letter L with wooden sticks and tracing it with finger
- Read Easter Bunny School Book
- Exercise- 1) Run around in a circle around an 8x 10-foot rug x 15 times, 2) 20 jumping jacks, 3) 10 knee push-ups, 4) 10 sit-ups while mom holds legs down to reach up touch bunny
- Obstacle course:
 - Pick up art supplies (markers, pastel paper, glue sticks)
 - Hop like a bunny over mommy’s belts (5 belts or sashes spread out about 1 ½ feet apart) with 2 feet
 - Drop art supplies in Easter basket
 - Pick up an “E” animal (elephants, Easter bunny stuffed animals, Elmo)
 - Put animal in weighted grocery cart (I put a 12-pound dumbbell in the cart to weigh it down- helps the body improve its awareness of where it is in space and what it’s doing)
 - Push the weighted cart through a winding path of cones, solo cups, or plastic cups (curved path without hitting) – Easter bunny winding through obstacles
 - Place E animals on child sized chair placed against the wall like their sitting on the couch
 - Squat down to pick up plastic Easter eggs
 - Put one plastic egg in the Easter basket
 - Short kneel (sitting on knees) on a Dyna-disc) at a child-sized chair to open Easter egg using both hands
 - Sort the jellybeans by color into an empty egg container (place one jellybean of different color in each egg spot)
 - Put eggs back together and put in a different basket or bag
 - Start again and repeat 6-8 times

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- Snack time: Peanut butter “eggs”
 - Use Ikea child-sized knives and have children spread peanut butter on toast
 - Use an Easter egg cookie cutter to cut an “egg” of the toast.
 - Decorate toast with fruit, chocolate chips, or jellybeans
 - Eat snack
 - Wash hands, go potty



- Handwriting time
 - Arrange sticks into letter E and trace with hand
 - Roll out playdoh into one long snake and two short snakes to make letter E
 - Use magna doodle to draw letter E or use wooden stamps to press the letter on then trace with magna doodle pen
 - Push Wikki stick on table to form letter E and then feel it with fingers.
 - Then introduce Letter E worksheet
 - 3 yr olds- just work on identifying the smiley face and making vertical line from top to bottom, then horizontal line from side to side- can provide assistance, color the Elephant inside the lines, trace horizontal lines

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- 5 yr olds- have them complete worksheet independently and color in the pictures without going outside lines. Draw boundary lines (top and bottom and dashed middle line on chalkboard or dry erase board easel and then one below just like it. On the top line spell "Elbert the Easter bunny exercises." Then have child copy letters- may use different color chalk to give starting dots for each word. Can also copy sentences and words or do math problems from commercially available workbooks or printed pages.



- Craft: Decorate Easter eggs and make Easter cards for the family
 - Fold pastel paper in half
 - Draw egg stencil with edge that touches the folded edge
 - Cut egg out around the folded edge so that it creates a card with two sides
 - With extra scratch paper, cut out triangles, dots, hearts, etc.....
 - Write personalized message on inside
 - Have kids sign and decorate cards
 - Use glue stick to paste the extra shapes
 - Paste old valentines or stickers onto cards
 - For larger Easter egg, draw dots for kids to connect diagonal, vertical or horizontal lines.
 - Color inside the lines
 - Decorate with stickers
 - Allow children to cut the eggs

Day 4:

Weekly theme: capital stick letters (Frog Leap letters)

Daily theme: H (Didn't have a book that started with H, but if you do include a story 😊)

- Welcome song
- Wheels on the Bus Warm up song- (stand up and act out circling arms for round and round, lifting arms up and down for windows up and down, waiving straight arms from side to side for

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- Practice writing letter H with different mediums
 - Arrange sticks into letter H and trace with hand
 - Roll out playdoh into two long snakes and one short snake to make letter H
 - Use magna doodle to draw letter H or use wooden stamps to press the letter on then trace with magna doodle pen
 - Push Wikki stick on table to form letter F and then feel it with fingers. (could also use pipe cleaners, straws, popsicle sticks, pencils)
 - Then introduce Letter H worksheets
 - 3 yr olds- just work on identifying the smiley face and making vertical lines from top to bottom, then 1 horizontal lines from side to side- can provide assistance, color in shapes on page and try to stay on the line. Draw dots on vertical surface chalkboard or whiteboard easel.
 - 5 yr olds- have them complete worksheet independently and color in the pictures without going outside lines. Draw boundary lines (top and bottom and dashed middle line on chalkboard or dry erase board easel and then one below just like it. On the top line spell “Henry hopped to his home” Then have child copy letters- may use different color chalk to give starting dots for each word. Can also incorporate full sentence worksheets and math worksheets from commercial workbooks or printed pages.

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- Heart collages
 - If you have heart cookie cutters of different sizes, you can use those, or you can draw and cut out stencils
 - Tape cookie cutters to paper and have kids trace inside of the cookie cutter so they can see the boundaries.
 - Un-tape the cookie cutters and re-tape different size hearts all over the paper.
 - Color hearts trying to stay inside the lines.
 - If time can cut out and arrange as a wreath

Day 5: Weekly theme: capital stick letters

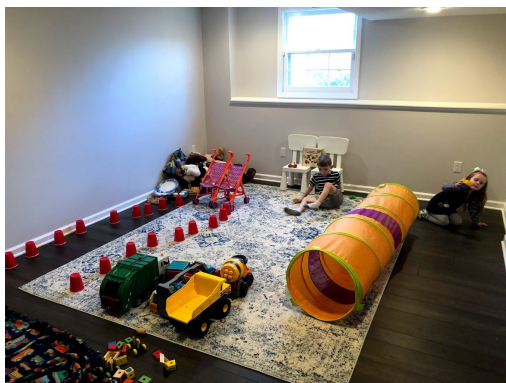
Daily theme: T, Trucks book, Teddy Bear Picnic

- Welcome song
- Wheels on the Bus Warm up song- (stand up and act out circling arms for round and round, lifting arms up and down for windows up and down, waving straight arms from side to side for

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wipers swishing, walking backwards for move on back, pushing arms into ground like a push up for horn going beep, spreading out fingers for lights go blink)

- Listen to “Where do we start our letters at the top?” HWT song. Practice making letter T with wooden sticks and tracing it with finger
- Read Trucks book, Read Teddy Bear picnic book
- Watch listen to “Teddy Bear Picnic” song on You Tube
- Obstacle course:
 - Pick up 2 Mega Blocks (Duplos)
 - Crawl through the tunnel
 - Build a tower
 - Pick up a car piece from the “Car Construction trucks.” (These are little trucks that break apart into smaller pieces- sprinkle them on the ground and collect one piece at a time)
 - Put construction car piece on a large truck (dump truck, garbage truck, etc.... and push across 8-foot space while creeping on hands and knees). If you don’t have these, you could substitute a complex puzzle.
 - Have two small chairs set up and have the picture of the construction trucks visible. Have child construct toys in the correct order with the correct pieces
 - Pick up one teddy bear and one piece of pretend food.
 - Put teddy bear and piece of pretend food in a double toy stroller (or single stroller or cart)
 - Push the stroller through a path of winding path of solo cups or cones
 - Place teddy bear around the “Truck blanket” (any blanket or tablecloth will work)
 - Place plates and pretend food on the blanket to simulate a “Teddy Bear picnic”
 - Repeat the obstacle course 6-8 times
- Pretend play with the teddy bears, feed them their picnic food

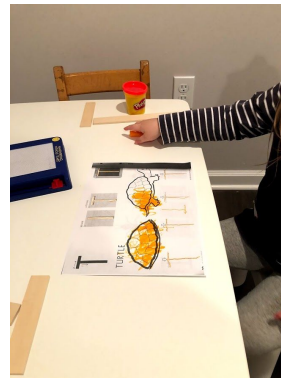
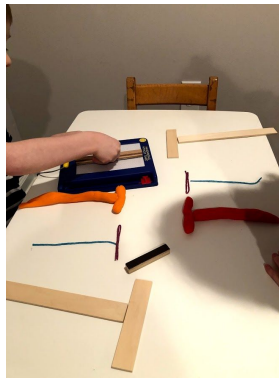


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- Snack time: Teddy Bear Toast
 - Use Ikea child-sized knives and have children spread peanut butter on toast
 - Cut up bananas into small slices, each child gets 5
 - Place two bananas at top of the toast, outside edges to make the ears
 - Place two bananas a little lower, more centered to make the eyes
 - Place one banana slice centered under the eyes
 - Place one raisin or chocolate chip in the center of the banana eyes
 - Make a mouth shape with the raisins and chocolate chips
 - Eat snack
 - Wash hands, go potty

MOMMY OT SCHOOL LESSON PLANS



Handwriting time

- Arrange sticks into letter T and trace with hand (vertical line first then horizontal)
- Roll out playdoh into one long snake and one short snake to make letter T
- Use magna doodle to draw letter T or use wooden stamps to press the letter on then trace with magna doodle pen
- Push Wikki stick on table to form letter T and then feel it with fingers.
- Then introduce Letter T worksheet
 - 3 yr olds- just work on identifying the smiley face and making vertical line from top to bottom, then horizontal line from side to side- can provide assistance, color the Turtle inside the lines, connect dots for vertical lines and horizontal lines to make the letter T
 - 5 yr olds- have them complete worksheet independently and color in the pictures without going outside lines. Draw boundary lines (top and bottom and dashed middle line on chalkboard or dry erase board easel and then one below just like it. On the top line spell "Teddy tripped over the truck." Then have child copy letters- may use different color chalk to give starting dots for each word. Can also copy sentences and words or do math problems from commercially available workbooks or printed pages.

Craft: Color truck, tea pot, train, or teddy bear template

- Draw or print off a truck, train, tea pot, or teddy bear template
- Peel stickers and decorate
- Cut out shapes if time

Day 6: Weekly theme: capital stick letters

Daily theme: I, If I were a Puppy book, I Love You this Much Book, It's Bitsy Spider (book)

- Welcome song
- Wheels on the Bus Warm up song- (stand up and act out circling arms for round and round, lifting arms up and down for windows up and down, waiving straight arms from side to side for wipers swishing, walking backwards for move on back, pushing arms into ground like a push up for horn going beep, spreading out fingers for lights go blink)

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- Listen to “Where do we start our letters at the top?” HWT song. Practice making letter I with wooden sticks and tracing it with finger
- Read “I love you this much” book and act out the motion, Read If “If I were a Puppy” book, Read “Itsy Bitsy Spider Book”
- Play Itsy Bitsy Spider You Tube song while making motions (To rotate fingers properly have kiddos make an L and a backwards L with index fingers and thumb, turn one arm over so L is facing down, connect the thumb to the index finger and the other thumb to index finger to make a rectangle “picture frame” then keep one finger and thumb touching, let go of the other and rotate upward until those fingers touch, then let go of other thumb and finger)
- Obstacle course:
 - Dump out several puzzle boards (4) into a basket (we used an animal puzzle, car puzzle, letter puzzle, and number puzzle)
 - Give commands for “I spy” to have them select puzzle pieces such as “I spy two letters,” or “I spy an animal that flies and a vehicle that moves on water, and a letter that makes the “I” sound. You can increase the sequencing and auditory processing skills with increased commands.
 - Commando crawl (on belly) like an iguana
 - Place puzzle pieces in the correct spots on the puzzle form boards
 - Before obstacle course fold a piece of light blue paper and white paper into 16 squares and cut these up
 - Pick up one white and one blue square “ice cubes”
 - Slide feet across a plastic tarp (or trash bags) to simulate ice skating on the ice
 - Before obstacle course starts place small tape rolls all around the outside a metal or plastic mixing bowl
 - Stick the blue and white squares to the bowl to make an igloo
 - Before obstacle course, fill an empty squirt bottle full of water (I used an old Mrs. Meyer’s cleaning spray bottle after rinsing out all the soap)
 - Squeeze the spray bottle to propel ice cubes across the “frozen pond”- a cookie sheet
 - Color inside the lines of the icicles (drawn on paper by me) with blue markers
 - Walk to ladder
 - Climb up the “water spout” (ladder or step stool) with supervision/assistance as needed, and make the sun shine or go away (piece of paper taped to top of ladder) – “Itsy bitsy spider climbed up the water spot, down came the rain and washed the spider out.”
 - Climb back down ladder with supervision/ assistance as needed
 - Repeat until the igloo is covered and puzzle boards filled.

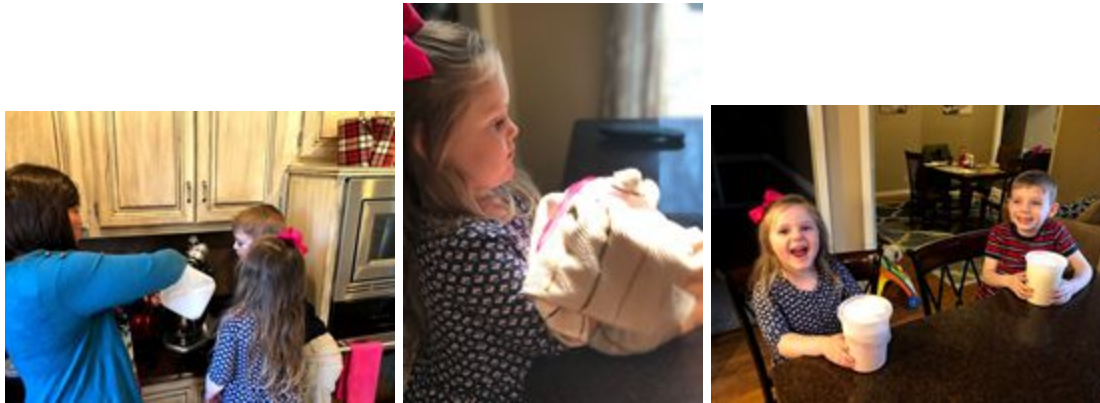
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- Snack time: Make homemade ice cream!
 - Determine which recipe to use. This is a great website for different types of easy, homemade ice cream, <https://www.youtube.com/watch?v=imxPO7jMZFY&t=198s>. We used the standard base and frozen bag recipe. We didn't have ice cream salt, so we substituted with Kosher salt and salt from our driveway- this doesn't go in the ice cream mixture, just in the freezer bag that the quart-sized bag of ice cream mixture goes inside. Our ice cream didn't firm up as well as the video, but we just poured it into round Tupperware containers and froze it for several hours
 - Pour in milk, sugar, whipping cream, and vanilla from measuring spoons- kids take turns pouring from containers into measuring cups or just dumping the measuring cups into the mixing bowl
 - Shake the plastic ice bag vigorously- have kids help you shake it as hard as they can.
 - Pour mixtures into containers. We had some extra time today and had just gone to the grocery store so we made a vanilla, strawberry, and chocolate raspberry chip ice cream- (cocoa + pureed raspberries from the food processor), but you could totally keep this simple by using the cream and sweetened condensed milk recipe with vanilla topped with sprinkles later!
 - We'll see how it turns out tonight!

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- Wash hands, go potty



Handwriting time

- Arrange sticks into letter I and trace with hand (vertical line first then horizontal line on top and then on bottom)
- Roll out playdoh into one long snake and two short snakes to make letter I
- Use magna doodle to draw letter I or use wooden stamps to press the letter on then trace with magna doodle pen
- Push Wikki stick on table to form letter I and then feel it with fingers.
- Then introduce Letter I worksheet
 - 3 yr olds- just work on identifying the smiley face and making vertical line from top to bottom, then horizontal line from side to side- can provide assistance, color the insects inside the lines, connect dots for vertical lines and horizontal lines to make the letter I
 - 5 yr olds- have them complete worksheet independently and color in the pictures without going outside lines. Draw boundary lines (top and bottom and dashed middle line on chalkboard or dry erase board easel and then one below just like it. On the top line spell "Ian Iguana became ill." Then have child copy letters- may use different color chalk to give starting dots for each word. Can also copy sentences and words or do math problems from commercially available workbooks or printed pages.

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Craft: Color or decorate ice cream cone template

- Draw or print off a double ice-cream cone template
- Color or paint inside the lines
- Could draw diagonal lines by connecting dots for the cone part
- Could decorate with stickers or draw different shapes for the sprinkles or toppings within the ice cream
- Cut out cone and scoops if time

Game: I Spy Dig it Game

- Pour all game pieces into the bowl
- Turn card to either colored side (harder) or gray side (easier)
- With or without timer, look for the 6 items on the card and place them over the card
- Can follow rules of the game if not too frustrating (timer restrictions and use of both or one hands, all players or one player at a time)

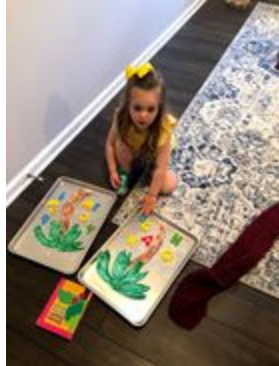
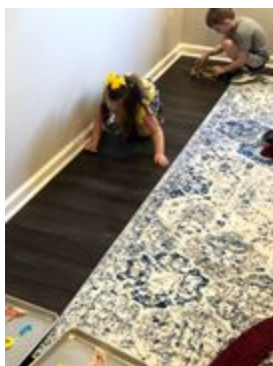
Day 7: Weekly theme: capital round letters

Daily theme: C, Cars book, Chicka, Chicka, Boom, Boom!

- Welcome song
- Wheels on the Bus Warm up song- (stand up and act out circling arms for round and round, lifting arms up and down for windows up and down, waiving straight arms from side to side for wipers swishing, walking backwards for move on back, pushing arms into ground like a push up for horn going beep, spreading out fingers for lights go blink)
- Listen to “Where do we start our letters at the top?” HWT song. Practice making letter C with wooden sticks and tracing it with finger.
- Listen to the “Magic C song” while tracing the C- Start at the top, go this way round (counter clockwise), stop at the bottom and look and see, that Magic C looks good to me!
- Read Cars book, read Chicka, Chicka, Boom, Boom and sing the alphabet at the end
- Obstacle course:

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- Pick up two small toy cars and creep (crawl) across the car mat to drive the cars to the “Café.” While trying to stay inside of road boundaries
- Before obstacle course make a pyramid of solo cups or plastic cups (5 on bottom, 4 on second row, 3 on third row and two on top row)
- Before obstacle course starts cover a playground ball with brown paper grocery bag strips to make a coconut ball
- Play coconut bowling by rolling or kicking the “coconut ball” towards the cups.
- Restack the cups.
- Pick up a pretend cat animal (stuffed kitty cats, Calico cat figurines) and put it in drivable car
- Propel drivable car through a crooked path made of scarves
- Set the cats on the kid-sized chairs or couches
- Pick up two magnet letters
- Creep on all 4’s (crawl) like a cat with the letters
- Before obstacle course, draw palm tree and cut it out and place on a cookie sheet
- Place the letters on the cookie sheet to simulate the letters crawling up the coconut tree as in Chicka Chicka Boom, Boom
- Repeat 6-8 times



- Snack time: Cheez Its in the shape of a C
 - Trace the C-shape wooden piece or draw a C on paper and have the kids place the Cheez It crackers into a c-shape.
 - Then enjoy!

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- Wash hands, go potty

Handwriting time

- Arrange C stick into the correct orientation
- Roll out playdoh into one long snake to make the C- shape
- Use magna doodle to draw letter C or use wooden stamp to press the letter on then trace with magna doodle pen
- Push Wikki stick on table to form letter C and then feel it with fingers.
- Then introduce Letter C worksheet
 - 3 yr olds- just work on identifying the smiley face and making a ½ circle in counter-clockwise direction. This was difficult for my 3 year old to do, so we used a lot of the stamps or I had her trace lines on the chalkboard or white board and then color in the pictures on the worksheet.
 - 5 yr olds- have them complete worksheet independently and color in the pictures without going outside lines. Draw boundary lines (top and bottom and dashed middle line on chalkboard or dry erase board easel and then one below just like it. On the top line spell “Charlie caught a clown fish.” Then have child copy letters- may use different color chalk to give starting dots for each word. Can also copy sentences and words or do math problems from commercially available workbooks or printed pages.

Craft: Color or decorate cat or car template

- Draw or print off a c-shaped item template (I drew a cat face and a car template)
- Color or paint inside the lines
- Cut shapes out if if time

Family fun-time ideas for later that night:

Game: Checkers

- Pour all game pieces onto table
- Have kids sort out the colored chips and cover up squares on the correct rows

Bake Chocolate Chip Cookies

- If you like to bake (I love to bake with the kids), then make chocolate chip cookies from scratch
- Have the kids help measure, pour, spoon cookies onto pan
- If you don't have time or desire to bake from scratch, then just buy a premade mix or tube and bake them up
- Enjoy some fun family time together

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Day 8: Weekly theme: capital round letters

Daily theme: O, Oh the Places You'll Go!

- Welcome song
- Wheels on the Bus Warm up song- (stand up and act out circling arms for round and round, lifting arms up and down for windows up and down, waiving straight arms from side to side for wipers swishing, walking backwards for move on back, pushing arms into ground like a push up for horn going beep, spreading out fingers for lights go blink)
- Listen to "Where do we start our letters at the top?" HWT song. Practice making letter C with wooden sticks and tracing it with finger.
- Listen to the "Magic C song" with the extension into the O part while tracing the O- Start at the top, go this way round (counter clockwise), keep on going, don't stop yet, it's a circle when you get to the top!
- Read Oh the Places You'll Go book
- Obstacle course:
 - Step ONTO the step stool, step down.
 - Pick up a puzzle piece (we used the same fish puzzle for F day since it had an octopus)
 - Roll OVER the small exercise ball and balance while putting puzzle piece in (with arms fully extended at the elbows)
 - Step OVER the oval (an infinite scarf positioned like an oval)
 - Put on OVEN MITTS (kid-sized or adult sized)
 - Jump into and OUT of another oval (an infinite scarf positioned like an oval)
 - Pick up Jenga pieces with oven mitts on
 - Take oven mitts off when arriving at kid-sized chair
 - Place Jenga pieces ON TOP of each other
 - Pick up 1 art supply (construction paper, tissue paper, glue, stickers, glue, googly eyes if you have them)
 - Commando crawl OVER the mountain (two kid-sized chairs with a dog bed rolled up under them) to simulate "Moving your mountain" from the Oh the Places You'll Go! Book
 - Before the obstacle course create an octopus template on a piece of cardboard from a previously used box (I cut the other edges off so they could carry it like a tray later)
 - Drop off art supply ON the octopus

MOMMY OT SCHOOL LESSON PLANS

- Repeat 6-8 times
- Clean up and carry octopus tray of art supplies to the classroom area



- Snack time: Oranges in the shape of an O
 - Trace or draw an O on a paper towel
 - Have child help peel a cutie
 - Place orange slices around the O shape before eating
 - Then enjoy!
 - Wash hands, go potty



Handwriting time

- Arrange C sticks into the correct orientation to form an O
- Roll out play doh into one long snake to make the O- shape
- Use magna doodle to draw letter C or use wooden stamp to press the letter on then trace with magna doodle pen
- Push Wikki stick on table to form letter O and then feel it with fingers.
- Make pipe cleaners into the letter O
- Then introduce Letter C worksheet

MOMMY OT SCHOOL LESSON PLANS

- 3 yr olds- just work on identifying the smiley face and making a circle in a counterclockwise direction. Make sure to start at the top and then go counterclockwise since the letter C is the basis for the rest of the round letters
 -
- (O, Q, G, S). I drew a diamond and then a circle below it to simulate a ring. I sang, "Around, around, touch and stop" when she got back to the diamond. I had her trace lines on the chalkboard or white board and then color in the pictures on the worksheet.
- 5 yr olds- have them complete the worksheet independently and color in the pictures without going outside lines. Draw boundary lines (top and bottom and dashed middle line on chalkboard or dry erase board easel and then one below just like it. On the top line spell "Owen opened the bag of oranges." Then have child copy letters- may use different color chalk to give starting dots for each word. Can also copy sentences and words or do math problems from commercially available workbooks or printed pages.



Craft: Octopus

- Use the octopus template made out of the cardboard box from the obstacle course
- Have child tear different colors of tissue or construction paper with two hands
- Color each tentacle with a marker that matches the colors of the construction paper
- Have child squeeze liquid glue over each tentacle one at a time
- Then cover the tentacle with same colored tissue paper
- Trace the head shape onto a larger piece of tissue paper
- Cut it out and paste over the octopus template to add color
- Use peel and stick stickers, foam pieces or googly eyes to make the octopus

MOMMY OT SCHOOL LESSON PLANS



Family fun-time ideas for later that night:

Game: Operation

- Have child find the matching “organ” from the card on the operation board
- Manipulate tweezers to pinch the organs out without touching the edges.

Day 9: Weekly theme: capital round letters

Daily theme: Q, Quiet Quail

- Welcome song
- Wheels on the Bus Warm up song- (stand up and act out circling arms for round and round, lifting arms up and down for windows up and down, waiving straight arms from side to side for wipers swishing, walking backwards for move on back, pushing arms into ground like a push up for horn going beep, spreading out fingers for lights go blink)
- Listen to “Where do we start our letters at the top?” HWT song. Practice making letter Q with wooden sticks and tracing it with finger.
- Listen to the “Magic C song” with the extension into the O part while tracing the O- Start at the top, go this way round (counterclockwise), keep on going, don’t stop, it’s a circle when you get to the top! Then place the extra small piece at the bottom right of the circle.
- Listen to the “Q song” from ABC Mouse on the iPad, <https://www.youtube.com/watch?v=ni6kpkWyOI>
- Read “Quiet Quail” on the iPad, <https://www.youtube.com/watch?v=OOeiGCfNPNg>
- Obstacle course:
 - Before the obstacle course begins, trace several quarters or fake quarters onto a piece of paper and label the circles with 25 cents inside the circles

MOMMY OT SCHOOL LESSON PLANS

- Before obstacle draw a crown shape on a piece of paper with 5 triangular points
- Squat down and pick up a Q-tip from the floor and place on the outline of the crown
- Run as QUICKLY as possible to pick up a baby doll and put it on the kid chairs folded down to a bed.
- Run as QUICKLY as possible to pick up the quilt and run back to the bed to cover up the babies with a quilt
- Pick up a rubber duck
- Waddle like a duck while saying, “Quack, Quack, Quack”
- Place the duck in a large Tupperware container or basin with a shallow amount of water to simulate the quail and ducks swimming in the pond from the story.
- Pick up a quarter or play money quarter and place it inside the traced circles that fit the correct size
- Repeat 6-8 times

Quilt-folding competition

- Each child will fold 4 smaller “quilts”, stroller blankets, or small blankets (demonstrate folding corner to corner first) and see who can fold faster



MOMMY OT SCHOOL LESSON PLANS



- Snack time: Granola bars in the shape of a Q.
 - Trace or draw an Q on a paper towel or paper
 - Break granola bar into small pieces and cover the Q before eating
 - Could try and place food into quail shape (cute ideas on Pinterest)
 - Wash hands, go potty

Handwriting time

- Arrange C sticks into the correct orientation to form a Q
- Roll out playdoh into one long snake and one small snake to make the Q- shape
- Use magna doodle to draw letter Q or use wooden stamp to press the letter on then trace with magna doodle pen
- Push Wikki stick on table to form letter Q and then feel it with fingers.
- Make pipe cleaners into the letter Q
- Then introduce Letter Q worksheet

MOMMY OT SCHOOL LESSON PLANS

§ 3 yr olds- just work on identifying the smiley face and making a circle in counter-clockwise direction. Make sure to start at the top and then go counterclockwise since the letter C is the basis for the rest of the round letters (O, Q, G, S). I sang, "Around, around, touch and stop" when she got back to the top and then add the diagonal line- "The circle is quivering and needs his cane to stand up." I had her trace lines on the chalkboard or white board and then color in the pictures on the worksheet.

§ 5 yr olds- have them complete worksheet independently and color in the

pictures without going outside lines. Draw boundary lines (top and bottom and dashed middle line on chalkboard or dry erase board easel and then one below just like it. On the top line spell "Quincy quail quietly quacked." Then have child copy letters- may use different color chalk to give starting dots for each word. Can also copy sentences and words or do math problems from commercially available workbooks or printed pages.



Craft: Make a Quilt

- Fold a sheet of 8 ½ x 11-inch white paper into the 16 rectangles x 2 (one for each child)
- Fold another colored paper into 16 rectangles and cut each rectangle (I chose a light pink and light green paper and then used the same blue rectangles left over from the igloo craft on I day)

MOMMY OT SCHOOL LESSON PLANS

- Place a marker dot with the same color as the colored rectangle to be glued on top. For example, pink, blue, pink, blue, then alternate and do blue, pink, blue, pink to create a quilted pattern.
- Squeeze glue on each of the 16 rectangle spaces on the paper (I did only one row at a time)
- Have child match the colored rectangles to the color dots and glue colored pieces.
- I drew small circles on one color of rectangles and drew dots for them to connect to make diagonal lines
- Let kids pick two colors of paint each and pour small piles of paint on a paper plate
- Kids use Q-tips to dip into paint
- Kids color in the dots and draw lines with the Q-tips
- Staple another sheet of white paper underneath the quilted paper on the 2 long sides and one short side
- Since toilet paper and tissues are in short supply, we stuffed 2 plastic grocery bags into the “quilt” and flattened them.
- Then staple the last short side to make a quilt or quilted pillow.



MOMMY OT SCHOOL LESSON PLANS