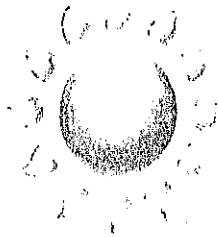


2018



Summer of Fun!

...Trying to think of Summer Activities that are FUN and that can also work on some skills ☺? Here are some ideas:

*Heavy Work to Help Calm/Organize and to Develop Strength:*

- Animal races outside (crawl like a bear, walk like a crab, hop like a bunny)
- Wheelbarrow walk
- When playing a board game encourage playing while lying on stomach
- Have them be helper to push cart or stroller or carry heavier items
- Have them carry supplies in backpacks
- Water jug races
- Dig in sand and fill/carry buckets
- Collect seashells in buckets (with a little sand on bottom to make heavier)
- Swimming, swimming, swimming ☺!

*Hand Exercises:*

- Water plants with a spray bottle
- Water squirter play
- Paint wooden swing set with water and paintbrushes
- Sponge-squeeze races to fill buckets
- Paint rocks/shells

*Eye Exercises:*

- Bubble play
- While swinging on swings, stand in front and ask for a foot high-5
- Make a river down a hill using tinfoil and a hose and let different objects slide down
- T-ball, wiffle ball, tether ball
- Beach ball (throw/catch or bop back forth to each other)
- Scavenger hunt in yard or on a walk

*Handwriting:*

- Keep a summer journal with a picture/one word/one sentence to describe the day
- Write during bath in shaving cream on wall, with bath crayons
- Form/make letters, numbers and/or shapes in sand

Have a great summer!

Moody School OT/PT

