

Recreation Therapy

Building Skills Through Recreation and Leisure

Paper Towel Roll & Pom Pom Challenge

Grade Level:

Kinder-2nd grade

Targeted Skills:

Game that reinforces academic skills.

Materials:

Empty paper towel rolls

A shallow cardboard container (a large shoebox lid would work as well)

1 Large Pom Pom

Glue

Permanent marker

Directions:



Video Link

https://www.youtube.com/watch?v=n2Kmn_IQvm0&feature=youtu.be

1. Start by cutting the empty paper towel rolls into 1.5 inch sections.
2. Once you have 10 pieces cut, arrange them randomly inside the cardboard container. Be sure to leave enough room so the pom pom can roll between the pieces.
3. Then lift each piece and place a small drop of glue under it and replace it back in the same spot on the container.
4. Allow the glue to dry for about an hour. Once the glue is dry, write the numbers 1-10 on top of the pieces in random order.
5. Finally, place the pom pom in the container and then game can begin.

The object of the game is to get the pom pom to roll through all the numbered pieces in the correct order. For toddlers, they can practice rolling the pom pom around through the tunnels and identifying numbers.

Modifications: You could also label the rolls with letters, shapes, colors or high frequency words, depending on the age of the kids or to work on different skills.

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Activity Title:
Shadow Tracing

Grade Level:

K-3

Materials:

Paper, pencils, crayons, markers, colored pencils, small objects that can cast shadows, lamp if inside or sunlight if outside

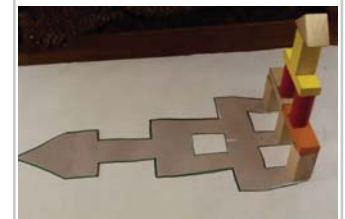
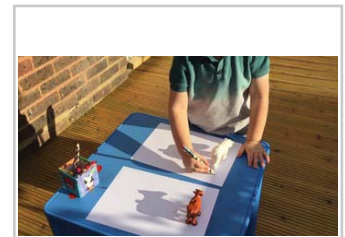
Targeted Skills:

Activity skills instruction

Directions:

1. Place object(s) at the edge of the paper, your child may choose if they wish to change the orientation of the paper either portrait (vertical) or landscape (horizontal)
2. Your child can also move the object(s) and play with making shadows longer or shorter.
3. Have your child trace the outline of the shadow.
4. Your child can use multiple objects to trace and add more shadows to their drawing.
5. Color and decorate!

For a bigger shadow drawing, use sidewalk chalk and trace each other's shadow.



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Cover That Number

Grade Level:

Pre-K through Kindergarten or similar developmental level

Materials:

Gameboard, (1) Die and (2) Different Colored Markers, Crayons or Colored Pencils

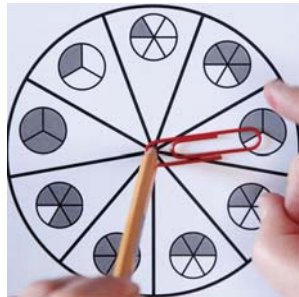
Targeted Skills:

Game that reinforces Academic Skills
Joint Attention, Reciprocal Interactions

Directions:

1. Each person will select a color. On your turn, roll the die and find the number on the gameboard. Color the box in.
For example: If you are "red" and you roll a "5," find the box with a 5 in it and color it red. If there are no boxes left with a 5, your turn is over.
2. Take turns rolling the die and coloring the numbered box.
3. The first person to color in 10 boxes is the winner!

If you don't have any dice, simply draw a circle divided into 6 parts. Use a pencil and paperclip as demonstrated in the picture. Flick the paper clip and see it spin! Ta Da! A spinner has been created!



4

1

2

5

3

6

2

4

3

1

1

5

6

2

5

3

2

4

3

5

2

4

1

6

Cover That Number

Materials: one game board, one die and two different color markers.

How to play: Roll the die. Count and cover that number with your marker. The winner is the first person to cover 10 numbers.

4

1

2

5

3

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4

1

6

Cover That Number

Materials: one game board, one die and two different color markers.

How to play: Roll the die. Count and cover that number with your marker. The winner is the first person to cover 10 numbers.

Building Skills Through Recreation and Leisure

Activity Name: Bouncing Sums

Level/Grade: 4-5

Performance area:

- Activity Skill Instruction
- Coping/Navigating Emotions
- Exploring Interests/ Functional Leisure Routines
- Games Reinforce Academic Skills
- Joint Attention
- Leisure Education
- Perspective Taking/Social Cognition
- Reciprocal Interactions

For students who have difficulties with: Mental Math, Attention

This activity will support student by: Building mental math muscles through play

Materials:

Labels or a marker, Beach Ball

Starter Activity:

To prepare, use labels and a marker to put integers, decimals or fractions on a beach ball.

Activity Description:

Hand the ball to one person, who will read aloud the label touching one of his or her thumbs. That student tosses the ball to another person, and so on. Each person must read the number on his or her label, adding it to — or multiplying it with — the sum or product which the previous student stated.

The challenge? Reach the highest number possible within a time limit.

***Other ways to modified or adjust challenge level:**

If you don't have a beach ball, create a die/dice using paper to write integers on.