



OCCUPATIONAL THERAPY PROGRAM

Activity of the Week Calendar

Week of	Theme	Activity	Link
<p><u>April 13th</u></p> <p>Work on fine motor skills and using two hands together while making these fruit skewer snacks. This activity can be done with students from preschool to high school and modified to encourage participation regardless of ability level. Food preparation is a great way to spend time together and try new foods!</p>	<p>Self-Care & Independent Living</p>	<p>Snackivity</p>	<p>English: Click here for instructions</p> <p>Español: Clic aquí para obtener instrucciones</p>
<p><u>April 20th</u></p> <p>Engage students with this visually stimulating Do-It-Yourself (DIY) home activity. Place fun items and toys for students to explore inside of a lighted box. The DIY Light Box activity can be incorporated into activities such as completing puzzles, sorting objects, and tracing.</p>	<p>Play, Recreation, & Leisure</p>	<p>DIY Light Box</p>	<p>English: Click here for instructions</p> <p>Español: Clic aquí para obtener instrucciones</p>
<p><u>April 27th</u></p> <p>Try this fun Fruit Loops activity with your child to practice using two hands together and integrating their visual skills. This activity works on skills that are also required for school tool use and writing activities. In addition to working on motor skills, they also can also practice skills such as patterns, colors, matching, and sorting.</p>	<p>Written Communication</p>	<p>Fruit Loops</p>	<p>English: Click here for instructions</p> <p>Español: Clic aquí para obtener instrucciones</p>
<p><u>May 4th</u></p> <p>Work on fine motor, visual motor, and using both hands together in this fun 3-dimensional Marble Maze activity. Have your child design and assemble the maze using common materials in the home. Make it a family game where everyone takes turns or use the maze during short breaks or in between school assignments.</p>	<p>Play, Recreation, & Leisure</p>	<p>Marble Maze</p>	<p>English: Click here for instructions</p> <p>Español: Clic aquí para obtener instrucciones</p>

<p><u>May 11th</u></p> <p>Strengthen shoulders and visual motor skills while creating a shadow-art showcase! Find some sun, pick a favorite animal figurine or action figure, and get ready to trace their shadow. If you're looking for a family activity after dinner, this activity can also be done inside! Dim the lights in the room and use flashlights to cast shadows.</p>	<p>Play, Recreation, & Leisure</p>	<p>Shadow Figures</p>	<p><u>English:</u> Click here for instructions</p> <p><u>Español:</u> Clic aquí para obtener instrucciones</p>
<p><u>May 18th</u></p> <p>Repurpose an old cereal box to make a puzzle! Working on a puzzle can target a student's visual perception, fine motor skills, oculomotor control, and motor planning. This activity guide includes directions for 3 levels of skill development.</p>	<p>Written Communication</p>	<p>Cereal Box Puzzle</p>	<p><u>English:</u> Click here for instructions</p> <p><u>Español:</u> Clic aquí para instrucciones</p>
<p><u>May 25th</u></p> <p>The Egg Carton Geoboard activity can be easily incorporated into daily ELA and Math exercises! Preschool and elementary students will use their fine motor and visual motor skills to manipulate rubber bands into shapes, numbers, or letters. Use different colored bands to work on patterning or roll a die to determine how many bands are needed.</p>	<p>Written Communication</p>	<p>Egg Carton Geoboard</p>	<p><u>English:</u> Click here for instructions</p> <p><u>Español:</u> Clic aquí para instrucciones</p>
<p><u>June 1st</u></p> <p>Get creative and find household items to do things like identify objects and describe logical function for items. Fun to incorporate learning gross motor skills and fine motor skills for the whole family! It is easy to modify the activity for different ages and abilities by performing the same task.</p>	<p>Play, Recreation, & Leisure</p>	<p>Scavenger Hunt</p>	<p><u>English:</u> Click here for instructions</p>
<p><u>June 8th</u></p> <p>Have your child practice using two hands together, develop fine motor skills and strength, sequence tasks for an activity, and tolerate messy</p>	<p>Self-Care and Independent Living Skills</p>	<p>Snackivities: Pancakes</p>	

play through the use of cooking a delicious breakfast. Or maybe even have breakfast for dinner! There are ways to change the activity to accommodate for physical limitations or sensory sensitivity.