

Recreation Therapy	Recreation and Leisure Interests	Activity	Online Resource
April 13 th	Nature	<ol style="list-style-type: none"> 1. Spring Scavenge Hunt (See attachment)– Use either two empty toilet paper rolls or cut an empty paper towel roll in 1/2. Attach to form a pair of “binoculars”. Use the binoculars to find the treasure hunt items on line, in a book, during a neighborhood walk or by looking out a window. 	https://primaryplayground.net/scavenger-hunts/ https://animals.sandiegozoo.org/live-cams
April 20 th	Music	<ol style="list-style-type: none"> 1. Freeze Dance- Play music and dance! When the music stops FREEZE. Try freezing on your foot, tip toes or on your heels. Reverse the action. Freeze in a fun pose as the music plays. When it stops, show your favorite dance move! 2. Sing Along- Sing your families favorite song. One person starts to sing but then stops. Another person has to finish the lyric and keep singing. Pick another song and play again! 	https://youtu.be/2UcZWXvgMZE https://www.youtube.com/watch?v=ymigWt5TOV8 https://www.youtube.com/watch?v=FP0wgVhUC9w
April 27 th	Art	<ol style="list-style-type: none"> 1. Spring symmetry- Look for pictures of flowers or look for real flowers. Trace, copy or draw flowers with long petals, round petals or small petals. 2. Flower Doodles- Do flower doodles with a family member. One person draws a part of the flower (petal, stem, leaf or even the root). Another person can draw a different part. Take turns until you have a beautiful bouquet! 	https://www.kennedy-center.org/education/mo-willems/ https://www.youtube.com/watch?v=RmzjCPQv3y8 https://tinyurl.com/uwczc9d https://www.youtube.com/watch?v=2bYgLP47NCw&feature=youtu.be
May 4 th	Crafts/ Games	<ol style="list-style-type: none"> 1. Playing “Simon Says” is great to have fun, improve concentration and work on auditory memory! 2. Frog Origami- Get ready to jump into spring! Use scratch paper (construction paper is too thick) and fold a fun frog! Parents or older siblings can pre-fold the frog and then unfold it. Give the paper to a younger member. This task can be made easier by having some pre-fold lines to follow. 	https://www.teacherspayteachers.com/Product/Spring-Flower-Craft-Free-Resource-1748410 https://www.youtube.com/watch?v=oi7oitREUBQ https://origami.me/jumping-frog/