

COVID-19: Occupational and Physical Therapy Activities for Home

 Gross Motor

 Fine Motor

 Executive Function

 Visual Motor

 Sensory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 -Crab walk from your bedroom to the kitchen. -Q-tip painting - Organize my room and do a weekly "spot check." -Pencil mazes. -Make slime.	23 -Practice balancing on one foot -Water play with spray bottles. -Clean my room once a day. -Draw a big figure-8 in the air. -Ice painting.	24 -Jumping jacks. -Hole punch craft. -Make sure I have everything I need before I leave the house. -Play flashlight tag with your eyes. -Toy wash.	25 -Ride a bicycle outside. -Play dough cutting. -Complete my chores on time. -Bean bag toss. -Rain cloud experiment (shaving cream, water, color).	26 -Army crawl. -Clothespin games. -Write reminders in my calendar/agenda. -Connect the dots. -Sensory bin (water beads, rice, beans).	27 -Play catch in tall kneeling. -Eye dropper art craft. - Set up the table before dinner time. -Design Copy. -Spinning in circles in both directions.	28 -Jump as high as you can over and over. -Tongs/tweezers. -Set a timer when playing video games. -I-Spy. -Pillow wrestle.
29 -Cross crawl. -Stringing beads. -Ask mom if she needs help with cooking. -Puzzle. -Baking soda and vinegar experiment.	30 -Gallop like a horse. -Crumple tissue paper. -Complete a 3-step obstacle course in 20 minutes. -Sorting shapes. -Jump into a large pile of pillows.	31 -Balance on a tree log. -Stack cheerios on toothpick. -Play board game with a family member. -Insert toothpicks into thin container. -pushing against a wall.	1 -Dribble the ball on a metronome beat. -LEGOS. -Prioritize important tasks to do first (homework then screen time). -Make shapes with sticks. -chew a gum.	2 -Inchworm from your room to the bathroom. -Place coins in slots. -Do your chores/homework without reminders from mom/dad. -Balloon volleyball. -Drink water from a long straw or exercise water bottle.	3 -Play the Floor is Lava! -Hide beads in putty. -Make a to-do list for today's activities. -Stack rocks outdoors. -Yard work: mowing the lawn, raking grass/leaves, pushing wheelbarrow.	4 -toss a balloon in the air and don't let it drop. -Peel stickers. -Draw 3 things you did today at night. -Color a picture inside the lines. -Sandwich game between pillows/sofa cushions.

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5 -Bear walk. -Paper clips necklace. -Write out a list of words that start with the letter A. -Write letters in the air with a flashlight. -Suck applesauce through a straw.	6 -Build a fort out of pillows. -Pop bubble wrap. -Play musical chairs with a family member. -Egg drop race (keep your eyes on the egg). -Push heavy boxes across the carpet.	7 -Skip around the home. -Draw on a vertical surface. -Assign a folder or a specific place for your drawings. -STEM project. -Melt ice.	8 -Hop on 1 foot to the living room. -Finger puppets. -Cook with a family member. -Throw a ball at a target. -Mud pie (outdoors).	9 -Play tug of war. -Roll play dough ball between thumb and index finger. -Play Simon Says with music in the background. -Use a pool noodle to hit a suspended ball. -Finger paint.	10 -Roll a ball back and forth in a superman position. -Flick paper ball with each finger. -Sort coins or colored items. -Stack cups. -Trace your shadow	11 -Wheelbarrow walking. -Crumple paper with one hand. -Draw your schedule for the day and stick it on the fridge. -Blow and catch bubbles with the bubble wand. -Collect 10 leaves.
12 -Outdoors running race. -Finger painting. -Color code your school notebooks, folders, and workbooks. -String pasta. -Burrito blanket.	13 -Walk/run up a hill. -Squeeze a wet sponge. -Play memory games. -Make a morning schedule with mom/dad the night before. -Eat something crunchy.	14 -Kick a ball back and forth. -Pick up sequins. -Ask mom/dad to look for recipes online together to cook. -Ring toss. -Create a reading corner	15 -Do some sit ups -Practice buttoning on dress up dolls. -Science Experiments. -Bring your thumb to your nose and back. -Make calming sensory bottles.	16 -Practice throwing a ball at a target. -Color with a broken crayon. -Cutting craft. -Art craft. -Yoga.	17 -Make an indoor obstacle course. -Snap fingers. -Play Red Light/Green Light. -Bounce a tennis ball to a family member. -Animal walk.	18 -Throw/catch a ball by yourself. -Wind up toys. -Ask mom/dad to help you break big tasks into smaller portions. -Tangram activities. -Shaving cream paint.
19 -Hopscotch. -Leaf rubbing art. -Draw/write house rules. -Pass a ball between legs. -Put your feet in a sensory bin.	20 -Pick any sport. -Monkey bars. -Complete a puzzle. -Lacing. -Use your hands to cook.	21 -Indoor bowling -Move a bead from your palm to your fingertips. -STEM projects. -Pouring/filling cups -Water balloons.	22 -Frisbee. -Write on play dough. -Play UNO or any card games. -Make play dough letters. -Walk barefoot on grass.			