

OT Activity Calendar April 2020



FM: Fine motor activity of the day

GM: Gross motor/movement-based ADL activity of the day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 FM: place beans/cereal in an egg carton GM: clean windows	2 FM: put together/take apart plastic Easter eggs GM: fill a pillow case with stuffed animals/objects	3 FM: place binder clips on paper/cardboard GM: dance to music	4 FM: draw with sidewalk chalk GM: jumping jacks/wall push ups
5 FM: build a tower with blocks, books or rocks GM: crab walk from one room to another	6 FM: put coins in a coin jar (or sort by value) (THEN WASH HANDS) GM: kick a ball back and forth with a sibling or parent	7 FM: sort silverware (bonus points if you put away all dishes) GM: cross crawls (see Activity #1)	8 FM: remove/put lids on Ziploc containers GM: play catch while kneeling	9 FM: crumple tissue paper balls (see GM) GM: throw crumpled tissue paper into basket	10 FM: complete a puzzle (regular or iPad app) GM: spring yoga (see Activity #2)	11 FM: use a spray bottle to water indoor/outdoor plants GM: go on an outdoor scavenger hunt (see Activity #3)
12 FM: dye eggs and/or peel/decorate with stickers GM: hop around the house from room to room	13 FM: snip straws with scissors (then string pieces to make a necklace) GM: balance on one foot (try it with your eyes closed!)	14 FM: color a printout or coloring book picture using broken crayons GM: toss a pile of balled socks into a laundry basket	15 FM: shaving cream play (spread on surface and practice writing/drawing) GM: build a fort out of blankets and pillows	16 FM: cookie cutter play (using play doh, cookie dough, putty, etc) GM: hit a balloon back and forth with a sibling or parent	17 FM: put on/remove clothespins from a paper plate GM: army crawl from one room to another	18 FM: make cinnamon sugar toast (spread butter, shake cinn/sugar, cut in half) GM: wipe down the counter post-toast
19 FM: open various jars, bottles, etc. GM: indoor scavenger hunt (see Activity #4)	20 FM: fill Ziploc bags with portioned snacks GM: cross crawls (see Activity #1)	21 FM: tear paper/cardboard GM: play "the floor is LAVA" (don't touch the ground)	22 FM: pull apart cotton balls (paste to paper to make clouds) GM: animal walks	23 FM: use fingers or q-tips to paint a picture GM: freeze dance to your favorite tunes	24 FM: lace a shoe GM: show off your dance moves or choose and follow a GoNoodle video	25 FM: stuff envelopes GM: have a pillow fight (or body squeezes between pillows)
26 FM: paperclips on plate/board GM: jumping jacks/wall push ups	27 FM: sort items (fruit loops, skittles) into muffin tin by color GM: plank	28 FM: writing/tracing (see Activity #5) GM: fold/hang laundry	29 FM: draw with chalk GM: sensory scavenger hunt (see Activity #6)	30 FM: place small items (beans, cereal) into container GM: spring yoga (see Activity #2)		

****APRIL CHALLENGE: EARN 1 POINT FOR EVERY ACTIVITY COMPLETED; PLEASE LET OT KNOW HOW MANY POINTS YOU EARNED AT THE END OF THE MONTH!****

#1 CROSS CRAWLS

Cross Crawls

Child's Name: _____ Date: _____
Therapist's Name: _____



Directions:

1. Start with feet together, hands up at your side.
2. Lift your right knee up and touch it with your left hand.
3. Bring your hands back up.
4. Switch and lift your left knee up and touch it with your right hand.

#2 YOGA

SPRING YOGA



I am the sun.

EXTENDED MOUNTAIN POSE



I am a tree.

TREE POSE



I am a flying bird.

WARRIOR 3 POSE



I am the falling rain.

STANDING FORWARD BEND



I am planting seeds.

SQUAT POSE

#3 OUTDOOR SCAVENGER HUNT

SPRING SCAVENGER HUNT

☐

flower

☐

butterfly

☐

green leaf

☐

bird

☐

nest

☐

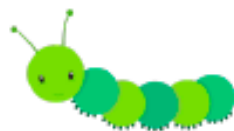
bee

☐

squirrel

☐

tree

☐

caterpillar

☐

mushroom

#4 INDOOR SCAVENGER HUNT

INDOOR SCAVENGER HUNT LIST

- Q-TIP
- PENCIL
- TOOTHBRUSH
- REMOTE CONTROL
- FLIP-FLOP
- PAPER CLIP
- ENVELOPE
- BAND-AID
- COTTON BALL
- PUZZLE PIECE
- STUFFEN ANIMAL
- BLUE CRAYON
- SPOON
- ROLL OF TAPE
- SOCK
- FRAME
- SOMETHING GREEN
- BOOK
- PILLOW
- TOLIET PAPER
- HAT
- CUP
- SHAMPOO
- BACKPACK

INDOOR SCAVENGER HUNT LIST



#5 SPRING WRITING/TRACING

Help these children pick some spring flowers. Trace each of the lines from left to right.



NAME:

Help these children pick some spring flowers. Trace each of the zig zag lines from left to right.



#6 SENSORY SCAVENGER HUNT

SPRING SCAVENGER HUNT

☐

smell grass

☐

smell fresh air

☐

smell flowers

☐

smell a tree

☐

feel sunshine

☐

feel the wind

☐

hear birds

☐

hear frogs

☐

hear children

☐

hear mower