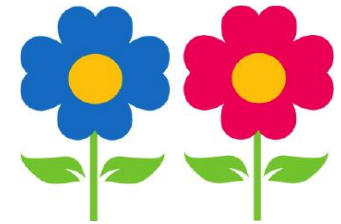


OT Activity Calendar - *May 2020*



• Fine Motor

• Gross Motor

• Sensory

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|--|
| | | | | | <p>1 Make a necklace with fruit loops</p> <p>Walk like a bear to put away your laundry</p> <p>Paint your hands and make hand prints on paper</p> | <p>2 Draw a picture using only circles and triangles</p> <p>Play Simon Says</p> <p>Eat something warm</p> |
| <p>3 Put together a puzzle</p> <p>Ride bikes</p> <p>Squeeze play dough or putty 10 times in each hand</p> | <p>4 Use a toothpick to draw or write in play duh</p> <p>Take giant steps as you walk to the kitchen</p> <p>Spin in a circle 10 times</p> | <p>5 Sort small items like candy or Legos by color in a muffin pan</p> <p>Do the HOKIE POKIE</p> <p>Play with cooked spaghetti</p> | <p>6 Color a picture and try and stay in the lines</p> <p>Play tag</p> <p>Lay on your belly to read a book</p> | <p>7 Hid beads in petty then dig them out</p> <p>Fold Laundry</p> <p>Smash ice cubes with a hammer</p> | <p>8 Plant seeds in a garden or pot</p> <p>Play balloon Volleyball</p> <p>Blow bubbles</p> | <p>9 Play cards</p> <p>Tape a picture to the wall and color it standing up or in kneeling</p> <p>Eat something crunchy</p> |

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| <p>10</p> <p>*MOTHER'S DAY</p> <p>Make a Mother's Day card for your MOM!</p> <p>Take a walk</p> <p>Roll in the grass</p> | <p>11</p> <p>Rip junk mail into small pieces</p> <p>Play basketball with rolled up socks and a laundry basket</p> <p>Draw in shaving cream</p> | <p>12</p> <p>Build with Legos</p> <p>Have a friend lay on the ground and take turns tracing your bodies with chalk</p> <p>Make slime</p> | <p>13</p> <p>Put on music and snap your finger to the beat</p> <p>Play the floor is LAVA</p> <p>Find something that smells good</p> | <p>14</p> <p>Spell your name with stickers or Cheerios</p> <p>Roll a ball back and forth using your feet</p> <p>Roll yourself in a blanket like a taco</p> | <p>15</p> <p>Use a hole punch to punch holes in paper</p> <p>Hop scotch</p> <p>Make cookies or cupcakes</p> | <p>16</p> <p>Cut strips of paper and tape them together to make a paper chain</p> <p>Jumping Jacks and Wall Push-ups do 10 each</p> <p>Give or get a bear hug</p> |
| <p>17</p> <p>Paint a picture with Q-Tips</p> <p>Make a parachute out of a sheet or blanket and toss a ball or stuffed animal with it</p> <p>Walk barefoot outside</p> | <p>18</p> <p>Build a tower with paper cups</p> <p>Run a race</p> <p>Find something soft and something scratchy or rough</p> | <p>19</p> <p>Pick up pom-poms with tweezers</p> <p>Help put clean dishes away or load the dish washer</p> <p>Listen to your favorite song</p> | <p>20</p> <p>Use clothes pins to hang up pictures or artwork on a string</p> <p>Build a fort with blankets</p> <p>Play in a bucket or sink full of water (do your toys float or sink?)</p> | <p>21</p> <p>Poke holes in paper with a push pin to make a pattern or picture</p> <p>Pretend to be a dog or a cat</p> <p>Eat something cold</p> | <p>22</p> <p>Make a paperclip chain</p> <p>Play catch</p> <p>Walk like a crab</p> | <p>23</p> <p>Flip coins into a cup</p> <p>Play tug of war with a blanket or rope</p> <p>Pick your toys up using only your feet</p> |

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| <p>24 Make a macaroni necklace</p> <p>Army crawl to your room</p> <p>Make a sensory bin with uncooked beans, rice, or cotton balls</p> | <p>25 Draw your favorite place</p> <p>Trace a friend's shadow with chalk</p> <p>Eat something chewy</p> | <p>26 Spray circles on a sidewalk with a water bottle</p> <p>Roll a ball down the hall using only your head</p> <p>Color on sandpaper</p> | <p>27 Use a medicine dropper, water, and food coloring to make potions</p> <p>Help set the table for dinner</p> <p>Play with something slimy or wet</p> | <p>28 Wrap a small toy with rubber bands and take them off</p> <p>Hop on one foot to the living room</p> <p>Play in the dirt</p> | <p>29 String beads or buttons on a pip cleaner</p> <p>Make an obstacle course with furniture and pillows</p> <p>Finger paint</p> | <p>30 Paint with cotton balls</p> <p>Toss bean bags or stuffed animals to hit a target</p> <p>Find something that smells gross</p> |
| <p>31 Stretch rubber bands over a container or bottle</p> <p>Play kick ball</p> <p>Eat something sweet and then something sour</p> | | | | | | |