



OT ACTIVITY CALENDAR

JUNE 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Fine Motor: Playdough treasure hunt- hide beads in play dough and pick them out Gross motor: Plank	2 Fine Motor: Help put socks on the washing line using clothes pegs Gross Motor: Take Giant steps to walk	3 Fine Motor: Put together a puzzle Gross Motor: Commando crawl to a different room	4 Fine motor: Shaving foam – spread on surface and practice writing/drawing Gross Motor: 10 Jumping jacks	5 Fine Motor: Plant seeds in pots Gross motor: Crawl (through a tunnel or over cushions)	6 Fine Motor: Playdough with cutters Gross Motor: outdoor scavenger hunt (see activity #2)	7 Fine Motor: tear paper/ cardboard Gross Motor: Summer Yoga (see activity # 6)
8 Fine motor: Colour in a picture Gross motor: Slither around like a snake (see activity #1)	9 Fine motor: pull apart cotton balls (paste to paper to make clouds) Gross motor: Stomp like an elephant (see activity #1)	10 Fine motor: Open and clothes different bottles/ jar lids Gross motor: dance to your favourite music	11 Fine motor: Shear the sheep (see video Activity #3) Gross motor: Hop like a bunny (see activity #1)	12 Fine motor: crumple tissue paper balls Gross motor: throw crumpled tissue paper into basket	13 Fine motor: Draw with chunky chalks Gross Motor: Play Balloon Volley ball (don't let it touch the ground)	14 Fine motor: Spray circles outside on the ground with a water bottle Gross Motor: Summer Yoga (see Activity #6)
15 Fine motor: Shaving foam – spread on surface and practice writing/drawing Gross Motor: Head Shoulders knees and toes	16 Fine motor: Paint with cotton balls Gross motor: Leap like a frog (see activity #1)	17 Fine motor: Threading pasta (see video activity #4) Gross Motor: build a fort out of blankets and pillows	18 Fine Motor: Sort small items like Lego by colour in a muffin baking tin. Gross Motor: Waddle like a duck (see activity #1)	19 Fine motor: Find items in a sensory bin of uncooked rice or cotton balls Gross motor: clean windows	20 Fine motor: Put together a puzzle Gross motor: Sensory scavenger hunt outdoors (see activity #5)	21 Fine motor: Make daisy chains Gross Motor: Summer Yoga (see activity #6)
22 Fine motor: Help make buns- with sprinkles on top Gross Motor: Clean up after dinner – wipe down the table	23 Fine Motor: put away cutlery Gross Motor: crab walk to another room (see activity #1)	24 Fine motor: help fold laundry Gross motor: Help put the laundry away	25 Fine motor: play in water – using squirty bottles/small toys Gross Motor: 'Fly' like a bird (see activity #1)	26 Fine Motor: Build with Lego Gross Motor: Blow bubbles and try to burst them by clapping them in your hands	27 Fine motor: Make a macaroni necklace Gross motor: Do a sensory motor obstacle course (see sensory motor video)	28 Fine motor Shear the sheep (see video Activity #3) Gross Motor: Summer Yoga (see activity #6)
29 Fine motor: Finger paint a rainbow Gross Motor: Play Catch in kneeling	30 Fine Motor: Threading pasta (see video activity #4) Gross motor: Stand like a flamingo (see activity #1)					

Activity # 1: Animal walks

Flap your wings and fly
like a bird around the
house one time.

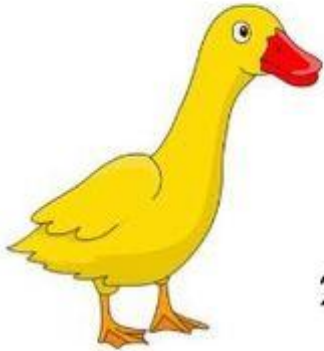


How long
can you
**stand on
one foot like
a flamingo?**

Crab walk
across a room.

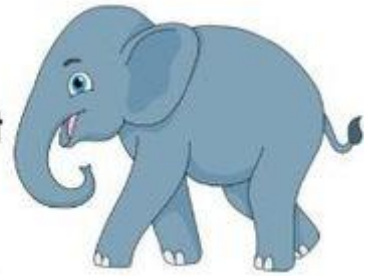


Hop like a bunny
20 times.



**Waddle
like
a duck**
for
2 minutes.

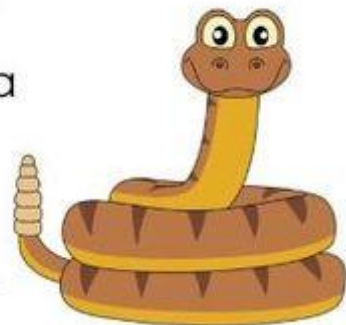
**Stomp
like an
elephant**
for 1
minute.



Leap like a frog
15 times.



Slither
across a
room
like a
snake.



Activity #2:

Summer Scavenger Hunt



An ice lolly

Sunglasses



A butterfly

Flip flops



A bicycle

A flower



A feather

A green leaf

Activity #3:

Shear the sheep –
video on school
website



Activity #4:

Threading pasta –
video on school
website



Activity #5: Summer Sensory Scavenger Hunt

☐

Feel the sun

☐

Smell a barbeque

☐

Feel the grass

☐

Hear the bees

☐

Smell sun cream

☐

Hear a lawn mower

☐

Hear the birds

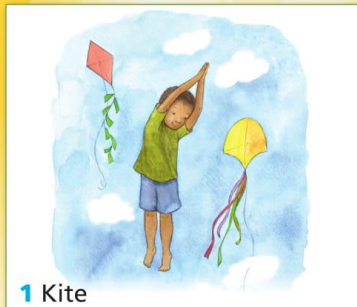
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Smell flowers

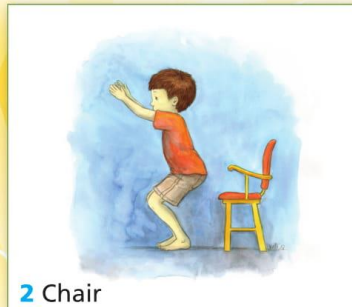
ACTIVITY #6

SUMMER YOGA FOR KIDS

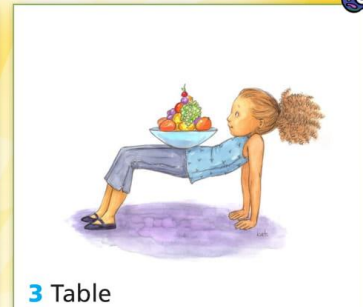
5-MINUTE-A-DAY YOGA ROUTINE with  and  poses



1 Kite



2 Chair



3 Table



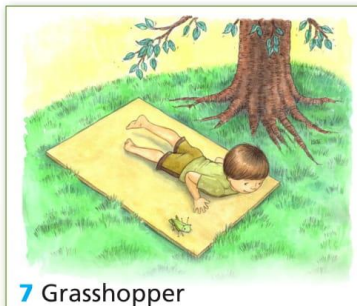
4 Boat



5 Slide



6 Otter



7 Grasshopper



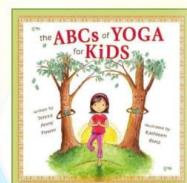
8 Butterfly



9 Fish



10 Do Nothing Pose



This routine is by **Teresa Power**, acclaimed yoga expert, creator of the *ABCs of Yoga for Kids* series, founder of **Kids' Yoga Day**. For instructions on how to do each pose, visit abcyogaforkids.com/backtoschool. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

TERESA POWER 

Illustrations by Kathleen Rietz and excerpted from *The ABCs of Yoga for Kids* • WWW.ABCYOGAFORKIDS.COM • INFO@ABCYOGAFORKIDS.COM