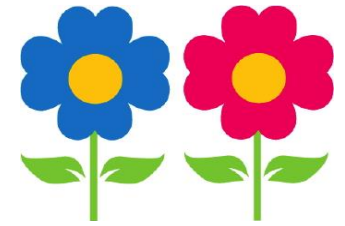


OT Activity Calendar - *May 2020*



• 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>

<p>10 *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 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 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 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 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 Use a hole punch to punch holes in paper</p> <p>Hop scotch</p> <p>Make cookies or cupcakes</p>	<p>16 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 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 Build a tower with paper cups</p> <p>Run a race</p> <p>Find something soft and something scratchy or rough</p>	<p>19 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 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 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 Make a paperclip chain</p> <p>Play catch</p> <p>Walk like a crab</p>	<p>23 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>

<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>						