

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Gross motor -Fine motor -Sensory			1. Walk on a balance beam Color a picture Pull a wagon	2. Touch your toes 10x Paper Scrunch Shaving Cream play	3. Play Simon Says Squeeze sponge or wash cloth during bath time Spin like a top	4.
5.	6. Play hop-scotch Use scissors to cut strips of paper, then fold like an accordion Collect leaves	7. Ride a bike Remove lids from jars Paint a picture with cotton balls	8. Arm rolls: forward/backwards 10x Water plants with spray bottle Blow bubbles	9. Take a walk Make a list of favorite foods Walk barefoot in the grass	10 Scavenger Hunt Pour water or sand into a container Stomp on bubble wrap	11.
12.	13. Jumping Jacks Trace your hand/foot Push a box of heavy toys	14. Flutter Kicks Write 2 sentences using the word "summer" Finger Painting	15. Run in place Build a tower with blocks Dig in the sand or soil	16. Fly like a butterfly Roll out playdoh into a "snake" and pinch with fingers Color on sandpaper	17. Zig Zag Run Cut out shapes (circle, triangle, square) Go swimming	18.
19.	20. Kick a ball Put marbles into a water bottle Dance (wiggle, spin, shake)	21. Cup Stack Roll out playdoh with a rolling pin Play in a kiddie pool	22. Army crawl Make a list of your favorite movies Find items hidden in packing peanuts	23. Bridges Trace or write the alphabet Craft project with wet glue or feathers	24. Indoor bowling Play with Legos Find an object outside that has a smooth surface	25.
26.	27. Hop on 1 foot 10x then switch feet Clip clothespins on a piece of paper Drink something cold	28. Play Catch Draw a picture of an animal Snuggle under a weighted blanket	29. Walk/run up a hill With scissors cut on jagged/curved lines Find a household item that is bumpy	30. Walk like a dog Write 5 words that start with the letter "S" Pop bubbles with finger	31. High knees for 20 seconds Lace your shoes Run through a sprinkler	

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Day 1: Walk on a balance beam: make a pretend beam using chalk.



Day 2: Paper scrunch: roll paper into ball and throw at a target



Day 8: Arm rolls: Roll arms forward/backwards 10x

Flutter Kicks

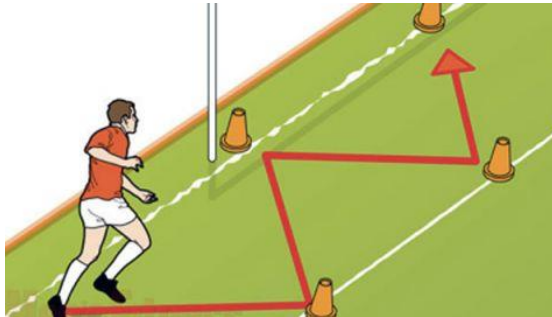


A



B

Day 14: Kick legs up and down 10x



Day 17: Zig Zag Run: Use small obstacles to create a zig zag course or attempt to run in a zig zag pattern

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CUP STACK

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Day 21: Cup Stack:

Lying on belly with 10 cups scattered within arm's reach in front of you, use two hands to reach to get a cup and stack them in one stack in front of you. Use two hands at all times.

BRIDGES

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- ☑ Lying on your back with knees bent and feet flat on the floor, lift bottom off of the ground, making a bridge with your body.
- ☑ Hold for a count of 3 and return to starting position.

Day 23: Bridges