

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

☐

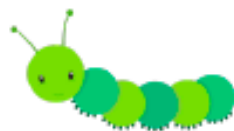
bee

☐

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