



OT Time!

Fun During April Break



A week off from school can be fun and relaxing, and it may also become difficult and stressful. A week without school means a disruption in routine. Here are some activities you might try over April break!

Indoor Activities

- Arts and crafts
 - Q-tip painting
 - Finger painting
 - Coloring
 - Cutting
 - Stringing beads
- Sensory play
 - Shaving cream
 - Make slime
 - Make sensory bottles
- Make a fort – gather blankets to drape over chairs and fill with pillows
- Read a book
- Complete chores

Outdoor Activities

- Trampoline
- Hop scotch
- Bike riding
- Sidewalk chalk
- Obstacle courses
- Going for a walk
- Go on a picnic
- Blow bubbles
- Fly a kite
- Garden
- Scavenger hunt
- Hiking
- Bird watch
- Swings
- Monkey bars
- Game of tag
- Collect shells at the beach

How to Make Slime

1. Pour 12 ounces of white glue (try Elmer's) into a container.
2. Add 1 ½ tablespoons of baking soda. Mix together.
3. Add drops of washable glitter paint. Mix together.
4. Add 2 tablespoons of saline solution
5. Mix the saline solution until slime starts for form together.

*If not sticky enough, add more saline solution. If too sticky, add more baking soda.

*For an added sensory and fine motor experience, add small objects, such as beads, to your slime! This will add texture, and give your child something to dig for!

How to Make Sensory Bottles

1. Fill a plastic water bottle ½ way with water
2. Add clear glue to almost full
3. Color with food coloring (optional)
4. Add glitter, small objects or confetti
5. Glue lid shut

Shake and have fun!

Specific questions or comments?

Contact your school's occupational therapist!

Outings

- Park or playground
- Grocery store
- Library
- Beardsley Zoo - Bridgeport
- Maritime Aquarium – Norwalk
- CT Children's Museum – New Haven
- Children's Museum – West Hartford
- Monkey Joe's – Hamden
- Chuck. E. Cheese – Orange
- Sky Zone – Wallingford, Norwalk
- Lighthouse Point Park – East Haven
- Yale Peabody Museum – New Haven
- Shore Line Trolley Museum – East Haven
- Essex Steam Train

When trying something different or going somewhere new, it may be beneficial to prep your child for the upcoming experience. **Social stories** are extremely helpful for preparing children for unfamiliar events. Talk about where you're going, what you're doing, and provide pictures whenever possible.

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