



OT Time!

Summer Fun



Just because the school year is coming to an end, doesn't mean that keeping up with skills should take a break too! Luckily, there are so many *fun* ways to keep your child practicing their skills while having a good time!

Sensory Play

Sensory play includes any activity that stimulates the sense of touch, smell, taste, movement, balance, sight and hearing. This plays a large role in language development, cognitive growth, fine/gross motor skills, problem solving skills, and social interaction.

- Tactile Tray – fill with water, sand, or other sensory items
- Squirt Toy Painting
- Puffy Paint
- Chalk Spray
- Ice Eggs
- Bubbles
- Nature Collection
- Kinetic Sand
- Slime
- Sandboxes
- Collecting Shells

Visual Motor Activities

Visual motor skills involve the use of vision to control hand movement. This is important for coloring, drawing, catching a ball, and tying shoes.

- Scissor use – cutting paper, playdough, foam sheets, straws
- Mazes
- Copying patterns using shapes, pegs, etc.
- Hidden picture searches
- Puzzles
- Word searches
- Dot-to-dots
- Rainbow writing/tracing

Gross Motor Activities

Gross motor skills involve the use of large muscle groups for the performance of functions such as walking, running, jumping, bike riding, and playing sports.

- Animal Walks
- Swimming
- Beach Ball Play
- Hopscotch
- Simon Says
- Jumping Jacks
- Hiking
- Treasure Hunt
- Obstacle Course
- Bike Riding
- Yoga
- Kite Flying
- Playground
- Trampoline
- Jumping Rope
- Playing Tag



Specific questions or comments?

Contact your school's occupational therapist!

Information Compiled by
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Fine Motor Fun

Fine motor skills involve the use of precise and coordinated movements of the fingers to perform hand use tasks necessary for completing daily tasks such as dressing, feeding, writing, and cutting.

- Sidewalk chalk
- Unlacing/lacing shoes
- Clothespins
- Ripping paper
- Building with Legos
- Playdough
- Using an eye dropper
- Sorting coins
- Using tongs or tweezers
- Stringing beads/Fruit Loops
- Pipe cleaner animals
- Coloring
- Q-tip painting
- Twirling streamers
- Board games with small pieces
- Squirt guns
- Peeling stickers

Fun around the House

- Cooking/baking
- Making s'mores
- Matching socks
- Putting away groceries
- Cleaning up toys
- Sweeping
- Sorting silverware
- Making bed
- Folding laundry
- Washing tables