

# COVID-19: Occupational Therapy Activities for Home

 Gross Motor

 Fine Motor

 Executive Function

 Visual Motor

 Sensory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <ul style="list-style-type: none"> <li>-Crab walk from your bedroom to the kitchen.</li> <li>-Q-tip painting</li> <li>-Organize your room and do a weekly "spot check."</li> <li>-Pencil mazes.</li> <li>-Make slime.</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>-Crawl over the bed.</li> <li>-Water play with spray bottles.</li> <li>-Clean your room once a day.</li> <li>-Draw a big figure-8 in the air.</li> <li>-Ice painting.</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>-Jumping jacks.</li> <li>-Hole punch craft.</li> <li>-Make sure you have everything you need before you leave the house.</li> <li>-Play flashlight tag with your eyes.</li> <li>-Toy wash.</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>-Ride a bicycle outside.</li> <li>-Play dough cutting.</li> <li>-Complete your chores on time.</li> <li>-Bean bag toss.</li> <li>-Rain cloud experiment (shaving cream, water, color).</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>-Army crawl.</li> <li>-Clothespin games.</li> <li>-Write reminders in your calendar/agenda.</li> <li>-Connect the dots.</li> <li>-Sensory bin (water beads, rice, beans).</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>-Play catch in tall kneeling.</li> <li>-Eye dropper art craft.</li> <li>-Set up the table before dinner time.</li> <li>-Design Copy.</li> <li>-Spin in circles in both directions.</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>-Read a book while on your tummy.</li> <li>-Tongs/tweezers.</li> <li>-Set a timer when playing video games.</li> <li>-I-Spy.</li> <li>-Pillow wrestle.</li> </ul>
<p><b>29</b></p> <ul style="list-style-type: none"> <li>-Cross crawl.</li> <li>-String beads.</li> <li>-Ask mom if she needs help with cooking.</li> <li>-Puzzle.</li> <li>-Baking soda and vinegar experiment.</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>-Infinity walk.</li> <li>-Crumple tissue paper.</li> <li>-Complete a 3-step obstacle course in 20 minutes.</li> <li>-Sorting shapes.</li> <li>-Jump into a large pile of pillows.</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>-Balance on a tree log.</li> <li>-Stack cheerios on a toothpick.</li> <li>-Play board games with a family member.</li> <li>-Insert toothpicks into a thin container.</li> <li>-push against a wall.</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>-Dribble a ball on a metronome beat.</li> <li>-LEGOS.</li> <li>-Prioritize important tasks to do first (homework then screen time).</li> <li>-Make shapes with sticks.</li> <li>-chew gum.</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>-Inchworm from your room to the bathroom.</li> <li>-Place coins in slots.</li> <li>-Do your chores/homework without reminders from mom/dad.</li> <li>-Balloon volleyball.</li> <li>-Drink water from a long straw or exercise water bottle.</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>-Play the Floor is Lava!</li> <li>-Hide beads in putty.</li> <li>-Make a to-do list for today's activities.</li> <li>-Stack rocks outdoors.</li> <li>-Yard work: mowing the lawn, raking grass/leaves, pushing wheelbarrow.</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>-Toss a balloon in the air and don't let it drop.</li> <li>-Peel stickers.</li> <li>-Draw 3 things you did today at night.</li> <li>-Color a picture inside the lines.</li> <li>-Sandwich game between pillows/sofa cushions.</li> </ul>

# COVID-19: Occupational Therapy Activities for Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>5</b></p> <ul style="list-style-type: none"> <li>-Bear walk.</li> <li>-Paperclips necklace.</li> <li>-Write out a list of words that start with the letter A.</li> <li>-Write letters in the air with a flashlight.</li> <li>-Suck applesauce through a straw.</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>-Build a fort out of pillows.</li> <li>-Pop bubble wrap.</li> <li>-Play musical chairs with a family member.</li> <li>-Egg drop race (keep your eyes on the egg).</li> <li>-Push heavy boxes across the carpet.</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>-Burrito Log roll.</li> <li>-Draw on a vertical surface.</li> <li>-Assign a folder or a specific place for your all your drawings.</li> <li>-STEM project.</li> <li>-Melt ice with salt or water.</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>-Hop on 1 foot to the living room.</li> <li>-Finger puppets.</li> <li>-Cook with a family member.</li> <li>-Throw a ball at a target.</li> <li>-Mud pie (outdoors).</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>-Play tug of war.</li> <li>-Roll play dough ball between thumb and index finger.</li> <li>-Play Simon Says with music in the background.</li> <li>-Use a pool noodle to hit a suspended ball.</li> <li>-Finger paint.</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>-Pass a ball back and forth in a superman position.</li> <li>-Flick paper ball with each finger.</li> <li>-Sort coins or colored items.</li> <li>-Stack cups.</li> <li>-Trace your shadow with chalk (outdoors).</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>-Wheelbarrow walking.</li> <li>-Crumple paper with one hand.</li> <li>-Draw your schedule for the day and stick it on the fridge.</li> <li>-Blow and catch bubbles with the bubble wand.</li> <li>-Collect 10 different leaves outside.</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>-Outdoors running race.</li> <li>-Finger painting.</li> <li>-Color code your school notebooks, folders, and workbooks.</li> <li>-String pasta.</li> <li>-Burrito blanket.</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>-Walk/run up a hill.</li> <li>-Squeeze a wet sponge.</li> <li>-Play memory games.</li> <li>-Make a morning schedule with mom/dad the night before.</li> <li>-Eat something crunchy.</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>-Roll down a hill.</li> <li>-Pick up sequins.</li> <li>-Ask mom/dad to look for recipes online to cook together.</li> <li>-Ring toss.</li> <li>-Create a quiet corner for reading.</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>-Build a fort outdoors.</li> <li>-Practice buttoning on dress up dolls.</li> <li>-Science Experiments.</li> <li>-Bring your thumb to your nose and back.</li> <li>-Make calming sensory bottles.</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>-Climb a tree (supervision required).</li> <li>-Color with a broken crayon.</li> <li>-Cutting craft.</li> <li>-Art craft.</li> <li>-Yoga.</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>-Make an indoor obstacle course.</li> <li>-Snap fingers.</li> <li>-Play Red Light/Green Light.</li> <li>-Bounce a tennis ball to a family member.</li> <li>-Animal walk.</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>-Throw/catch a ball by yourself.</li> <li>-Wind up toys.</li> <li>-Ask mom/dad to help you break big tasks into smaller portions.</li> <li>-Tangram activities.</li> <li>-Shaving cream paint.</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>-Hopscotch.</li> <li>-Leaf rubbing art.</li> <li>-Draw/write house rules.</li> <li>-Pass a ball between your legs.</li> <li>-Put your feet in a sensory bin.</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>-Play sports.</li> <li>-Wrap your thumbs around when you climb on monkey bars.</li> <li>-Persist on completing a puzzle.</li> <li>-Lacing.</li> <li>-Use your hands to cook.</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>-Indoor bowling (use your imagination).</li> <li>-Move a bead from your palm to your fingertips.</li> <li>-STEM projects.</li> <li>-Pouring/filling cups with water.</li> <li>-Water balloons.</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>-Frisbee.</li> <li>-Write on play dough.</li> <li>-Play UNO or any card games.</li> <li>-Make play dough letters.</li> <li>-Walk barefoot on grass.</li> </ul>			