



OT ACTIVITY CALENDAR

JUNE 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>Fine Motor: Playdough treasure hunt- hide beads in play dough and pick them out</p> <p>Gross motor: Plank</p>	<p>2</p> <p>Fine Motor: Help put socks on the washing line using clothes pegs</p> <p>Gross Motor: Take Giant steps to walk</p>	<p>3</p> <p>Fine Motor: Put together a puzzle</p> <p>Gross Motor: Commando crawl to a different room</p>	<p>4</p> <p>Fine motor: Shaving foam – spread on surface and practice writing/drawing</p> <p>Gross Motor: 10 Jumping jacks</p>	<p>5</p> <p>Fine Motor: Plant seeds in pots</p> <p>Gross motor: Crawl (through a tunnel or over cushions)</p>	<p>6</p> <p>Fine Motor: Playdough with cutters</p> <p>Gross Motor: outdoor scavenger hunt (see activity #2)</p>	<p>7</p> <p>Fine Motor: tear paper/ cardboard</p> <p>Gross Motor: Summer Yoga (see activity # 6)</p>
<p>8</p> <p>Fine motor: Colour in a picture</p> <p>Gross motor: Slither around like a snake (see activity #1)</p>	<p>9</p> <p>Fine motor: pull apart cotton balls (paste to paper to make clouds)</p> <p>Gross motor: Stomp like an elephant (see activity #1)</p>	<p>10</p> <p>Fine motor: Open and clothes different bottles/ jar lids</p> <p>Gross motor: dance to your favourite music</p>	<p>11</p> <p>Fine motor: Shear the sheep (see video Activity #3)</p> <p>Gross motor: Hop like a bunny (see activity #1)</p>	<p>12</p> <p>Fine motor: crumple tissue paper balls</p> <p>Gross motor: throw crumpled tissue paper into basket</p>	<p>13</p> <p>Fine motor: Draw with chunky chalks</p> <p>Gross Motor: Play Balloon Volley ball (don't let it touch the ground)</p>	<p>14</p> <p>Fine motor: Spray circles outside on the ground with a water bottle</p> <p>Gross Motor: Summer Yoga (see Activity #6)</p>
<p>15</p> <p>Fine motor: Shaving foam – spread on surface and practice writing/drawing</p> <p>Gross Motor: Head Shoulders knees and toes</p>	<p>16</p> <p>Fine motor: Paint with cotton balls</p> <p>Gross motor: Leap like a frog (see activity #1)</p>	<p>17</p> <p>Fine motor: Threading pasta (see video activity #4)</p> <p>Gross Motor: build a fort out of blankets and pillows</p>	<p>18</p> <p>Fine Motor: Sort small items like Lego by colour in a muffin baking tin.</p> <p>Gross Motor: Waddle like a duck (see activity #1)</p>	<p>19</p> <p>Fine motor: Find items in a sensory bin of uncooked rice or cotton balls</p> <p>Gross motor: clean windows</p>	<p>20</p> <p>Fine motor: Put together a puzzle</p> <p>Gross motor: Sensory scavenger hunt outdoors (see activity #5)</p>	<p>21</p> <p>Fine motor: Make daisy chains</p> <p>Gross Motor: Summer Yoga (see activity #6)</p>
<p>22</p> <p>Fine motor: Help make buns- with sprinkles on top</p> <p>Gross Motor: Clean up after dinner – wipe down the table</p>	<p>23</p> <p>Fine Motor: put away cutlery</p> <p>Gross Motor: crab walk to another room (see activity #1)</p>	<p>24</p> <p>Fine motor: help fold laundry</p> <p>Gross motor: Help put the laundry away</p>	<p>25</p> <p>Fine motor: play in water – using squirty bottles/small toys</p> <p>Gross Motor: 'Fly' like a bird (see activity #1)</p>	<p>26</p> <p>Fine Motor: Build with Lego</p> <p>Gross Motor: Blow bubbles and try to burst them by clapping them in your hands</p>	<p>27</p> <p>Fine motor: Make a macaroni necklace</p> <p>Gross motor: Do a sensory motor obstacle course (see sensory motor video)</p>	<p>28</p> <p>Fine motor Shear the sheep (see video Activity #3)</p> <p>Gross Motor: Summer Yoga (see activity #6)</p>
<p>29</p> <p>Fine motor: Finger paint a rainbow</p> <p>Gross Motor: Play Catch in kneeling</p>	<p>30</p> <p>Fine Motor: Threading pasta (see video activity #4)</p> <p>Gross motor: Stand like a flamingo (see activity #1)</p>					

Activity # 1: Animal walks

Flap your wings and fly
like a bird around the
house one time.

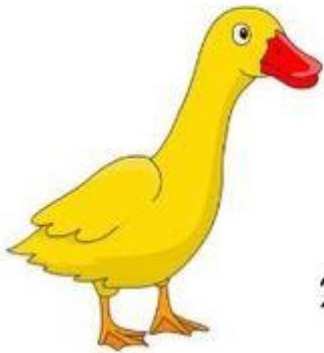


How long
can you
**stand on
one foot like
a flamingo?**

Crab walk
across a room.

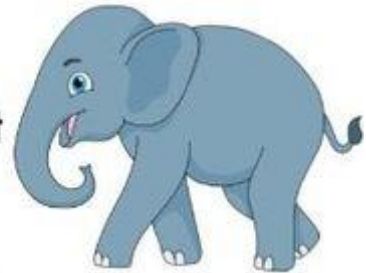


Hop like a bunny
20 times.



**Waddle
like
a duck**
for
2 minutes.

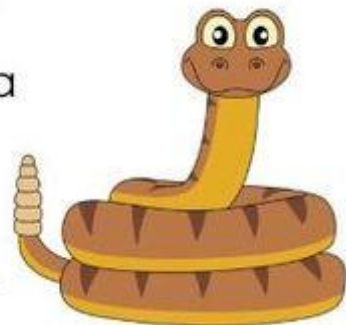
**Stomp
like an
elephant**
for 1
minute.



Leap like a frog
15 times.



Slither
across a
room
like a
snake.



Activity #2:

Summer Scavenger Hunt



An ice lolly

Sunglasses



A butterfly

Flip flops



A bicycle

A flower



A feather

A green leaf

Activity #3:

Shear the sheep –
video on school
website



Activity #4:

Threading pasta –
video on school
website



Activity #5: Summer Sensory Scavenger Hunt

☐

Feel the sun

☐

Smell a barbeque

☐

Feel the grass

☐

Hear the bees

☐

Smell sun cream

☐

Hear a lawn mower

☐

Hear the birds

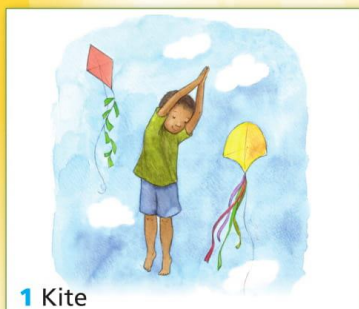
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Smell flowers

ACTIVITY #6

SUMMER YOGA FOR KIDS

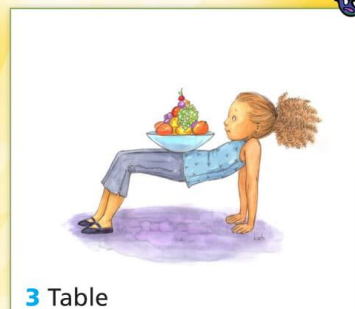
5-MINUTE-A-DAY YOGA ROUTINE with  and  poses



1 Kite



2 Chair



3 Table



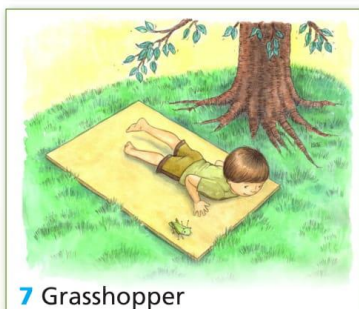
4 Boat



5 Slide



6 Otter



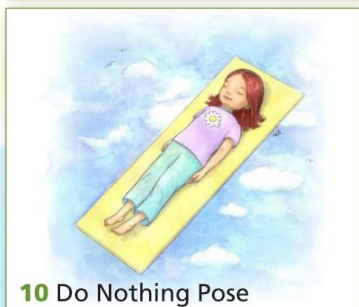
7 Grasshopper



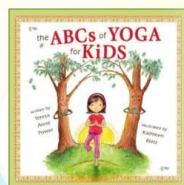
8 Butterfly



9 Fish



10 Do Nothing Pose



This routine is by **Teresa Power**, acclaimed yoga expert, creator of the *ABCs of Yoga for Kids* series, founder of **Kids' Yoga Day**. For instructions on how to do each pose, visit abcyogaforkids.com/backtoschool. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

TERESA POWER 

Illustrations by Kathleen Rietz and excerpted from *The ABCs of Yoga for Kids* • WWW.ABCYOGAFORKIDS.COM • INFO@ABCYOGAFORKIDS.COM