

Springtime

THERAPY ACTIVITY PACK



DEAR FAMILIES,

This is an unprecedented time of having to try to continue your child's progress toward their therapy goals without direct treatment by the occupational and/or physical therapy team.

Our solution to this challenge is to send an exercise program that you can use at home for continued practice of the skill areas that have been indicated on the most recent IEP.

This exercise program is full of fun activities and games that will continue to target the child development skills that your child may be struggling with in the educational environment. They are not meant to take the place of traditional, school-based therapy, but they should, if used consistently, help bridge the gap in services and aide your child in maintaining the skills that they gained so far this school year.

If you have any questions, please feel free to contact me at:

Sincerely,



HI _____!

Here are some fun activities to help you keep your skills strong over this extended break.

In therapy, we have been working on:

- ___ Making your hands strong
- ___ Writing
- ___ Drawing and coloring
- ___ Getting your whole body stronger
- ___ Having better balance
- ___ Making your coordination better
- ___ Practicing transitions from the floor
- ___ Crossing midline
- ___ Improving your gross motor skills
- ___ Cutting
- ___ Other

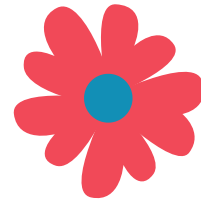
The fun activities and games in this packet will help you to continue to practice these skills at home! Grab your mom or dad, grandparent, sibling, or a friend and show them how awesome you are at these things! Keep practicing so that when I see you again, we can pick up right where we left off in therapy!

Stay healthy and strong!



Springtime Training Camp

It's time to get ready for spring! These fun training activities will have kids ready to conquer all of the fun things this season has to offer!



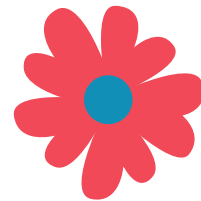
Puddle Jumping

With two feet together, jump forward 10 times to "splash in the puddles"!



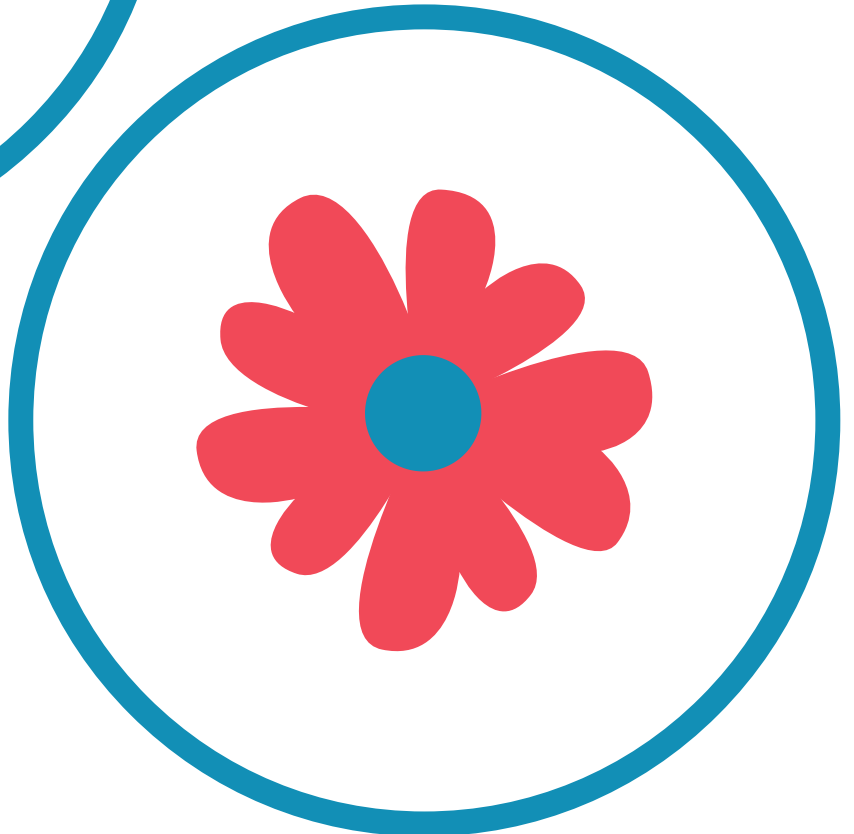
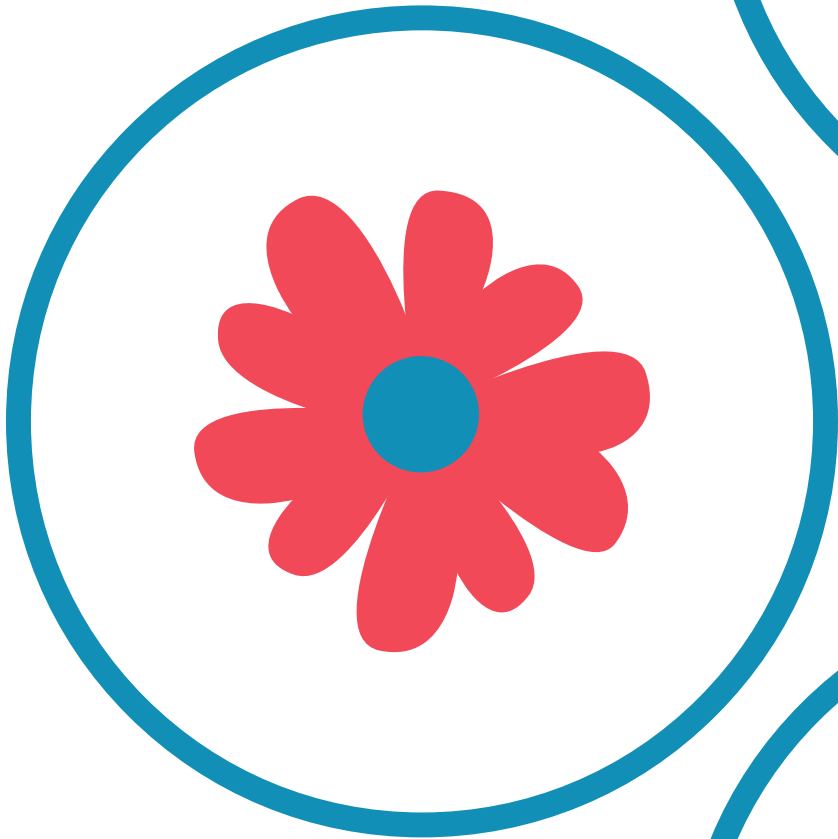
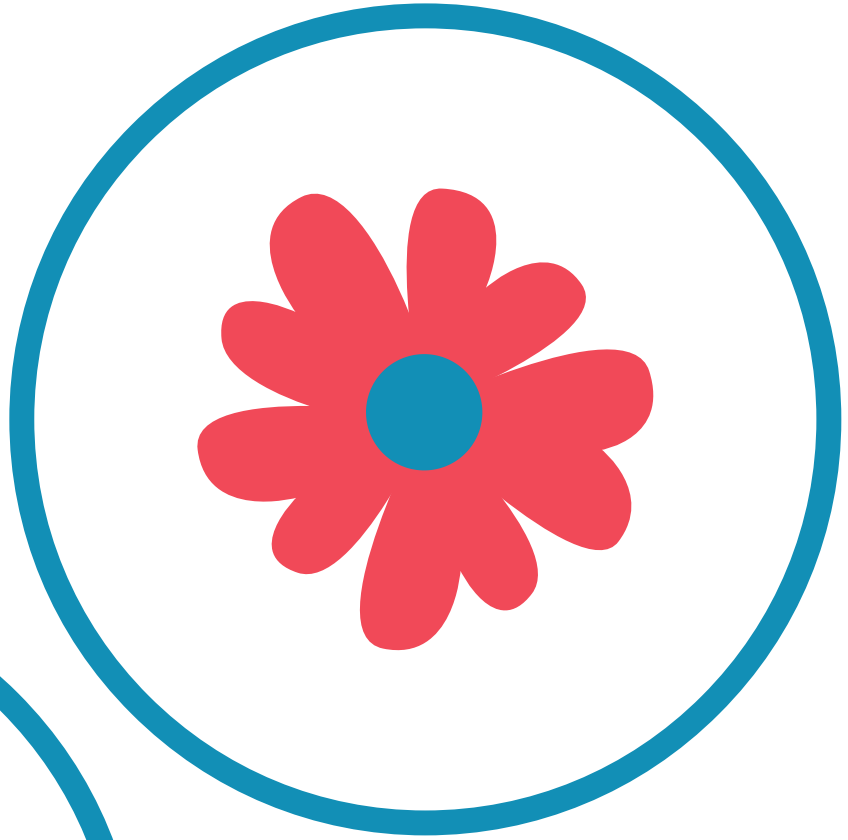
Buzzing Bees

Lie on the floor on your belly and lift your arms out to the sides like wings. Lift your feet/legs off the floor behind you and pretend to fly like a bee for a count of 10.



Caterpillar Crawls

If you've done inchworm walks before, you know what to do! Start in plank. Step your feet in to meet your hands. Crawl your hands out until you're in plank position. Repeat, moving forward for a count of 10.





Thunderstorm Stomps

Stomp your feet as hard as you can 10 times to make the sound of thunder!



Rainshowers

Use your hands to tap your legs to make the sound of rain. How else can you make rain sounds?

Try tapping your belly, snapping your fingers, clapping, or rubbing your hands together!



Seed Sprouts

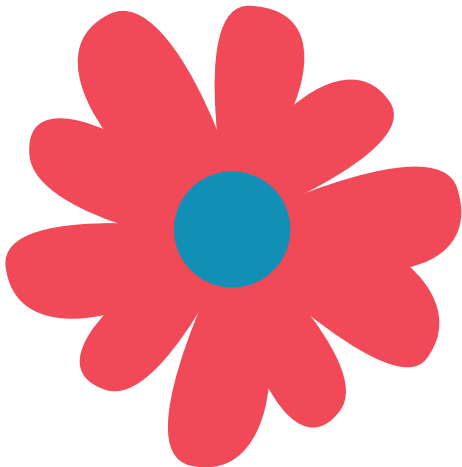
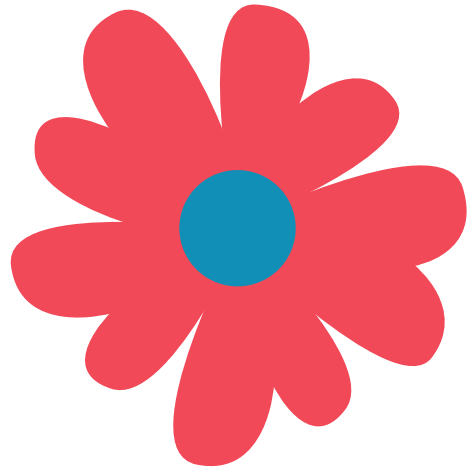
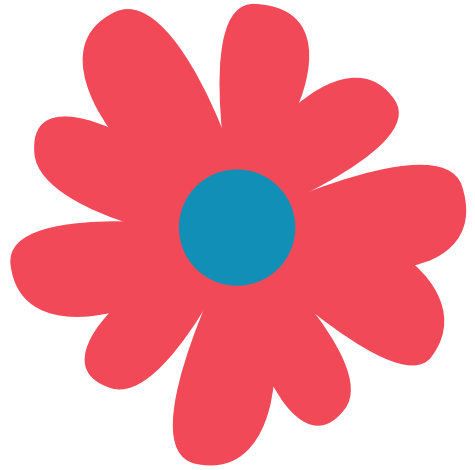
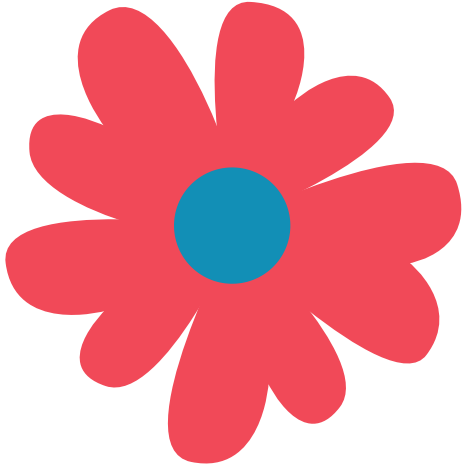
Crouch down to the floor, count down from 10 and then jump up to bloom into a flower! Repeat 3 times.



Butterfly Wings

Reach your arms out to the sides and flap your butterfly wings 10 times!

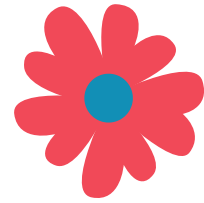
Soar to the left for a count of 5 and then the right for a count of 5.





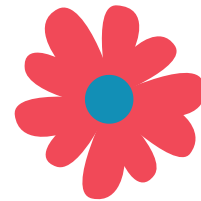
Bird Landing Practice

Stand on a low bench or the bottom stair. Count down from 10 and then jump from the surface, landing safely on your feet. Repeat 5 times!



Ladybug Crawls

If you've done crab walks before, you know what to do! Sit on the floor and place your hands on the floor behind you. Lift your bottom off the floor by pushing into your hands and feet. Walk forward for a count of 10.



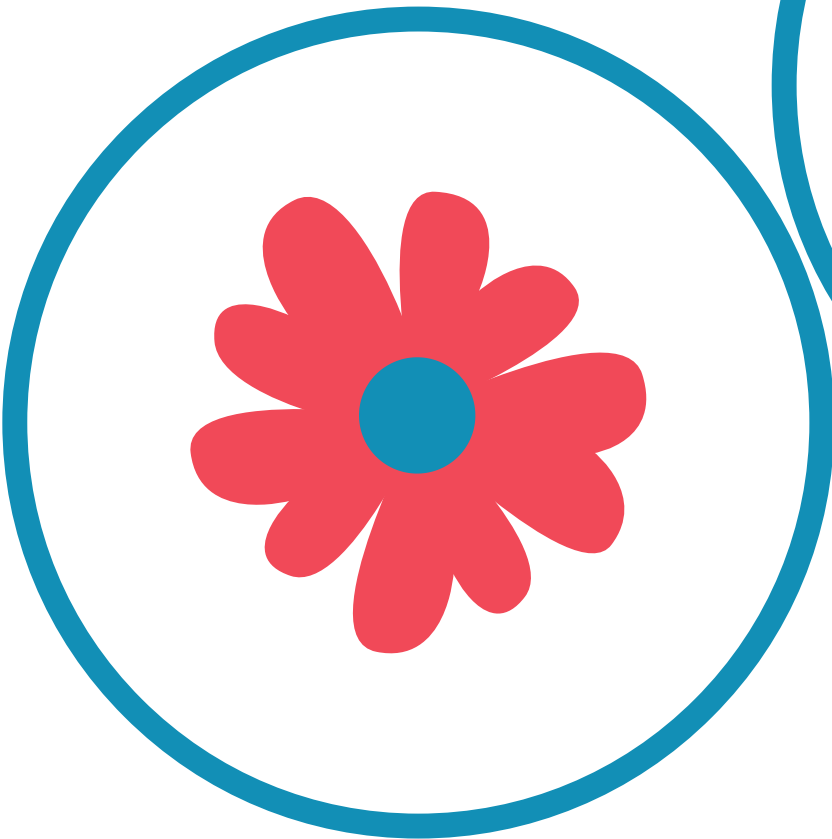
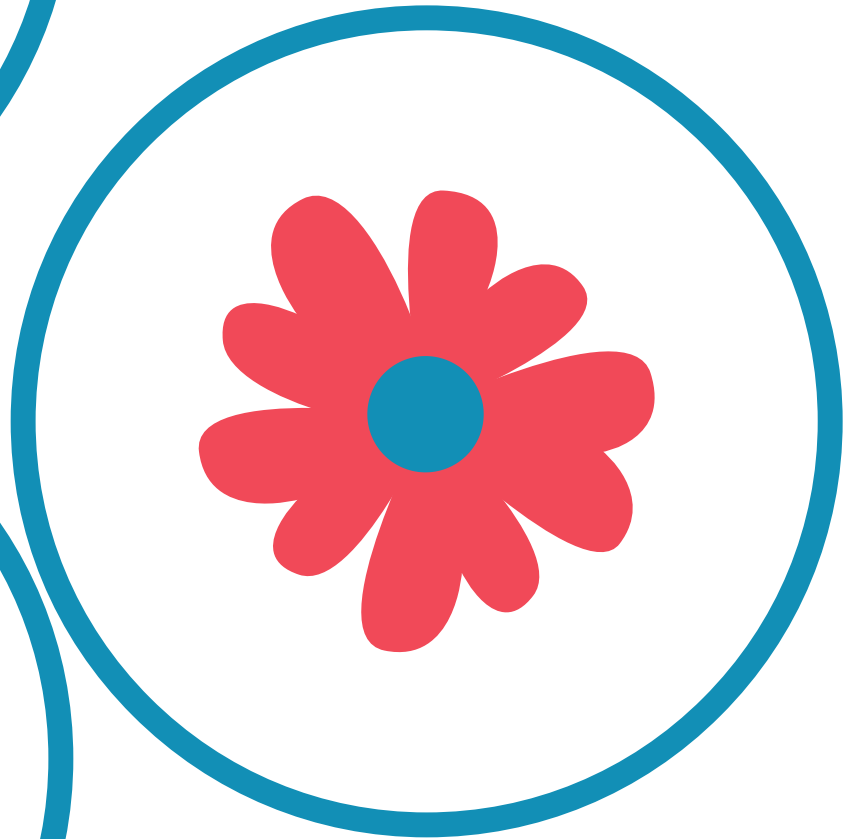
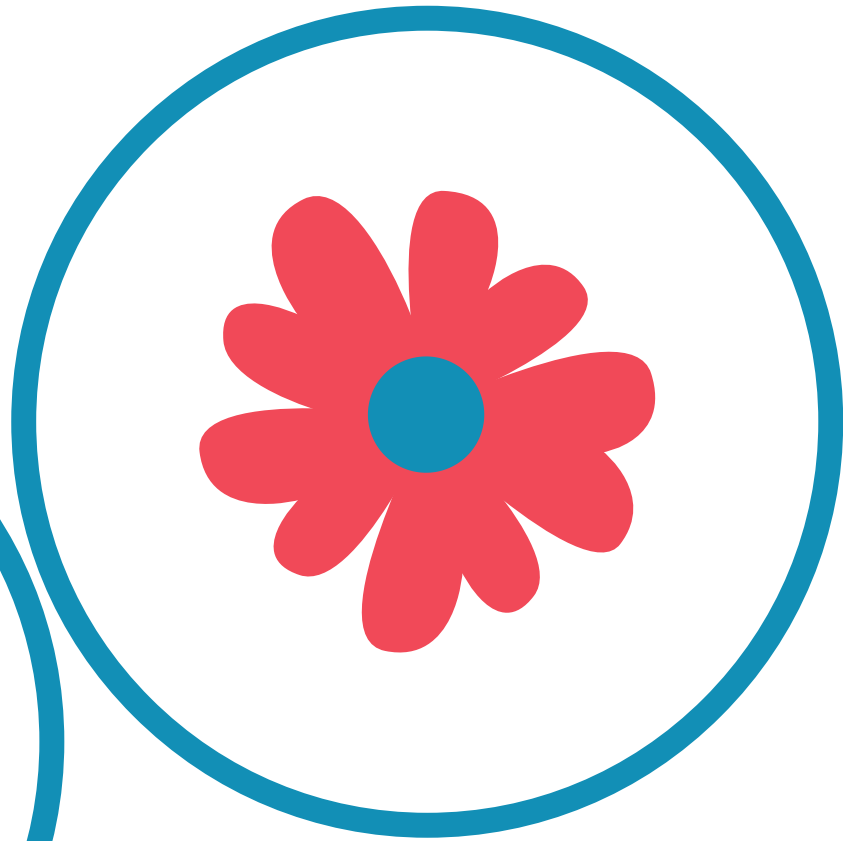
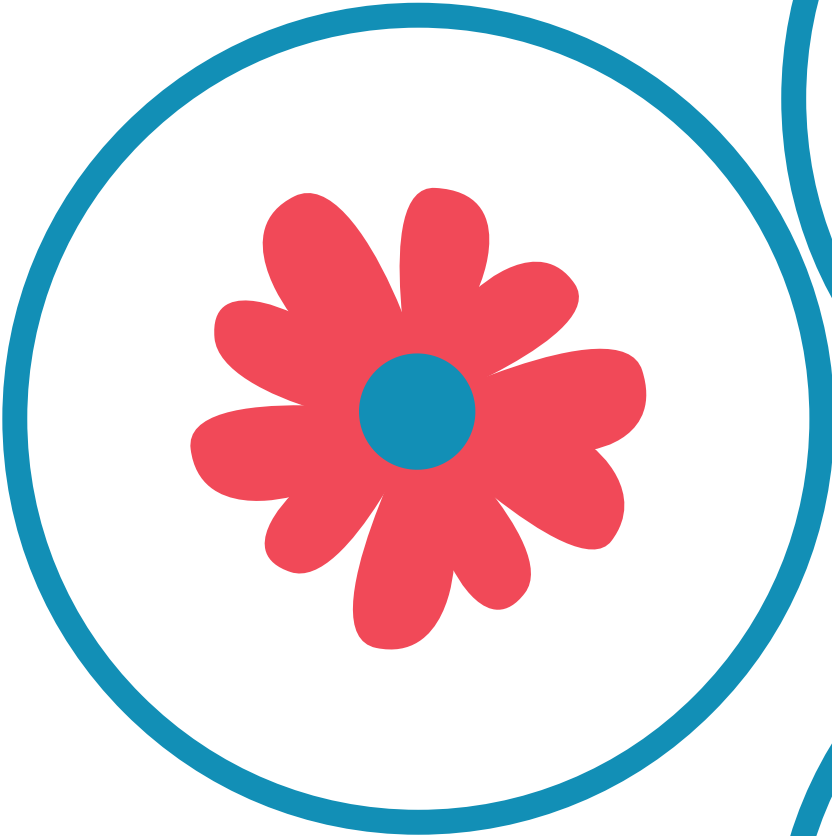
Frog Jumps

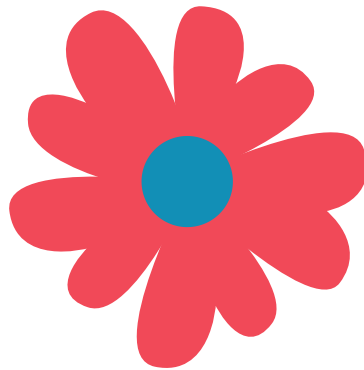
Squat down to the ground with your hands on the floor between your feet. Hop forward like a frog 5 times.



Garden Balance Practice

Use a balance beam, a piece of tape, or a line on the floor. Try to balance on the line as you walk forward, pretending to walk through the rows of flowers and vegetables.





Springtime

DRAWING PAGES



I'm a little flower, as pretty as can be.

Draw a small circle to make the middle of me!

Add five oval petals all the way around,

Then don't forget a stem, to plant me in the ground!

Next to my stem, add some grass - nice and green,

That's it! You're done! You've made the perfect spring scene!



Draw a fluffy cloud, you can make it white or gray.

Then add a yellow circle sun, what do you say?

Now add a curved red line, right across the sky.

Next comes orange, yellow, and green...I bet you know why!

Last, add blue and purple, colorful and bright.

You've finished your rainbow - what a beautiful sight!



Make 5 circles in a line, right across the page.

Perfect! Well done - now you've set the stage!

At the bottom of four circles, draw two short lines down.

Inside the circle on the end, draw a smile - not a frown!

Draw two small dots for eyes and then that's it! You're done!

You made a caterpillar! Isn't that fun?

Springtime

GROSS MOTOR BINGO

Jump forward 5 times like a bee flying from flower to flower

Flap your wings 5 times like a butterfly

Inchworm walk for 5 reps

Seed sprouts! Crouch down to the floor, count down from 10 and then jump up to bloom into a flower! Repeat 3 times.

5 frog jumps

10 thunderstorm stomps

Ladybug crawls to the count of 10 (crab walk)

10 puddle jumps

Tiptoe through the garden to the count of 10

Kick a ball like a soccer player 3 times

Soar like a bird (superman pose) for 10 seconds

Balance on one foot like a flower on a stem for 10 seconds

Put one leg in front and practice holding half kneel for a count of 3.

Roll in the grass 5 times (log roll on the floor)

Swing a bat like a baseball player 5 times

Flower blooms! Lie down on your back, squeezing your knees into your chest. Count down from 10 and then stretch arms and legs out wide.

Pretend to dig 5 holes to plant new flowers!

Make a rainstorm! Tap your hands on your legs for a count of 10.

Practice landing like a bird. Jump down from a surface 5 times.

Crouch down to the ground to pretend to pick 5 flowers, standing up on your toes to put them in a vase

Make a rainbow! Wave a streamer or scarf in an arc over your head.

Bug on its back! Lie on your back, legs straight, arms overhead. Lift one leg and the opposite arm to touch toes. Alternate sides for 5 reps.

Fly like a kite! On all 4's lift one arm and the opposite leg. Repeat on other side.

Roll like a pill bug. Lie on the floor on your back and tuck your knees into your chest. Roll side to side 5 times.

Skip through the meadow for a count of 10.

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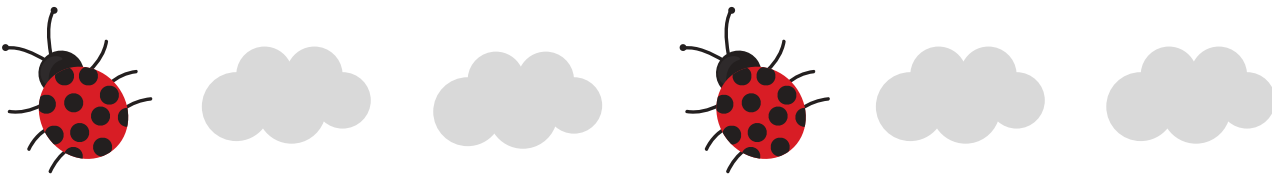
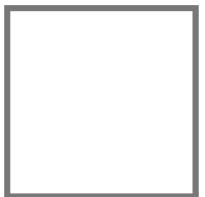
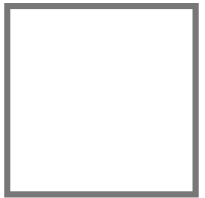
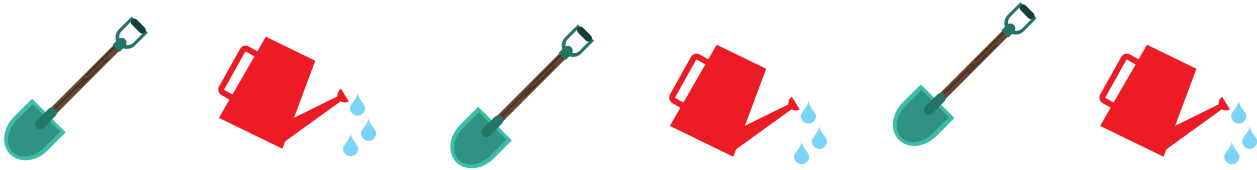
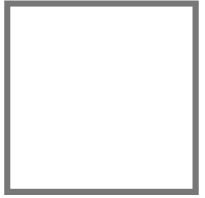
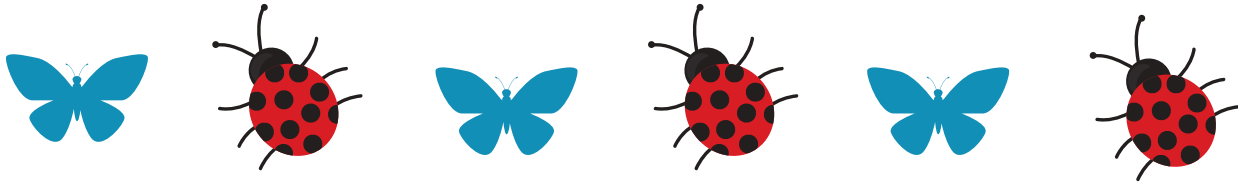
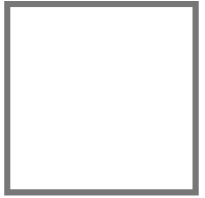
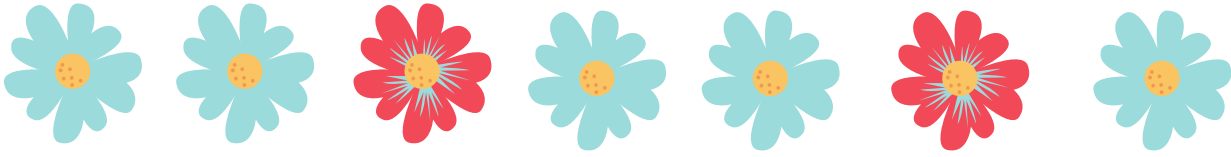
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Flap your wings 5 times like a butterfly

Tiptoe through the garden to the count of 10

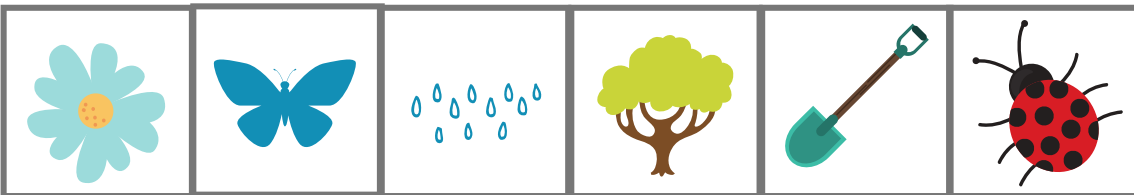
Kick a ball like a soccer player 3 times

COMPLETE THE PATTERN



THEINSPIREDTREEHOUSE.COM

Cut out the pictures below and use them to complete the patterns above.



Bubble Pop

Some real concentration is needed to target those tiny floating bubbles. Give it a try and see if you can balance long enough to pop one – or more - with only one foot!

Sticker Challenge

Place stickers on one shoe and lift your foot up to get the sticker off and place it on a piece of paper taped to the wall or refrigerator! Can you make a spring scene?

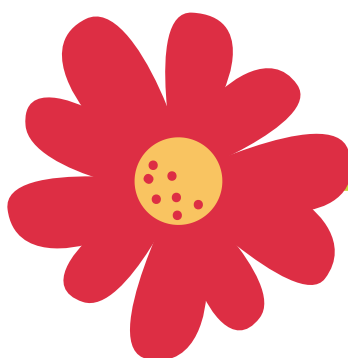
Stuffed Animal Balance

Balancing small stuffed animals on the top of your foot and lifting them up into a laundry basket to “clean up” is great practice and will be a big help around the house.

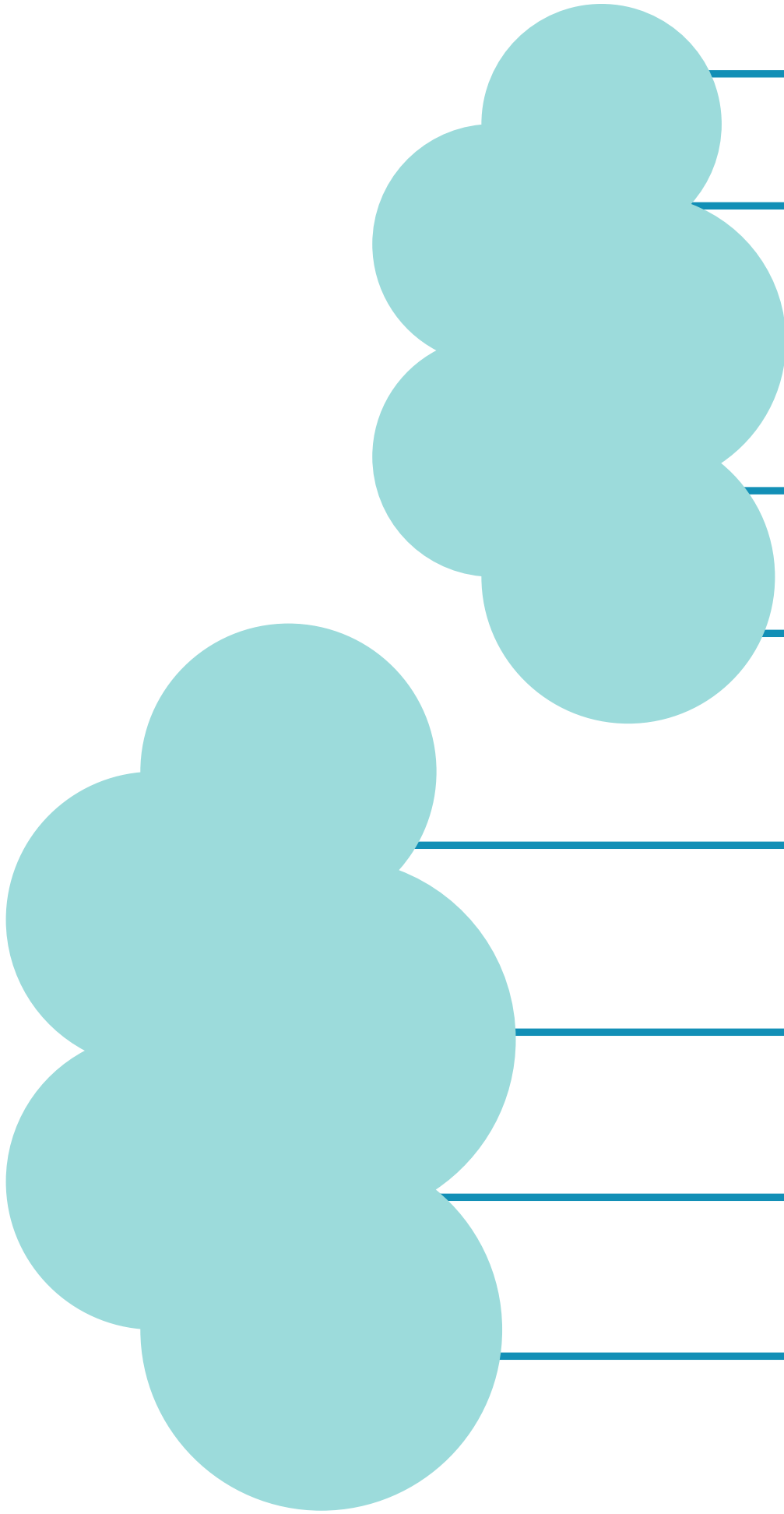
Balloon Volleyball

How long can you keep the balloon up in the air? Try it alone or with a friend. Use all different parts of your body, or make it an extra challenge by saying that you can only use your foot, your head, or your elbow!

CUT ON THE STEMS UNTIL YOU REACH THE FLOWERS!



CUT ON THE RAIN UNTIL YOU REACH THE CLOUDS!





FINE MOTOR AND VISUAL MOTOR APPS FOR KIDS



Free Drawing/Visual Motor Apps

Doodle Buddy-FREE- A simple drawing app that offers different colored pens, stamps, shapes, text, and all kinds of colored/textured backgrounds for kids to draw on.

Joy Doodle-FREE- This app allows kids to draw, doodle, and write in bright, glowing, neon color.

Scribble Press – \$3.99 – Kids can create their own books and then draw and color pictures to accompany their stories. This is great for practicing representational drawing.

Sago Mini Doodle Cast – \$2.99 – This app records kids talking while they draw. Then, you can play back their whole drawing process, watching how they drew what they drew step-by-step and listening to their narration.

Draw and Tell – \$1.99 – This app offers the option to record the child's voice as they're drawing and also offers a huge array of colors, pencils, paint brushes, crayons, stamps, and stencils.

Visual Perception Apps

Little Finder – FREE – A figure ground challenge with an option for two kids to play against each other for points.

Highlights Hidden Pictures – \$2.99 – With over 50 hidden picture activities, this app is an awesome way to work on figure ground skills.

Letter Formation Apps

iWrite Words – \$2.99 – A basic letter and word tracing app that provides visual and auditory feedback, alerting kids when they're staying on the lines or straying from the lines.

Little Writer – FREE – Kids can trace letters with auditory and visual feedback that alerts them when they're demonstrating correct or incorrect letter formation. This app also allows for practice with tracing shapes and numbers.



Write your name in the box. Then, try rainbow writing! Trace over your name with every color in your box of crayons or markers! Too easy? Try rainbow writing other letters or sight words!