3.19.2020

Dear KidStart Families,

We know that missing school isn’t easy for your kids… or for you. We understand that this time is full of uncertainty but please assure your children that their KidStart Family misses them and are thinking about them and their family.

We also know that there are simple ways to turn unexpected time at home into exciting opportunities for your students to learn, think and grow. The KidStart Staff has created a list of resources to provide your children with exciting stories, videos, activities and learning fun. This is not a homework packet or something that must be completed… just something to help! Here are the things you can find in your packets:

- Community Food Resources
- Handwashing Tips
- Daily Schedules
- Social Story for Covid-19, Coronavirus
- Online Resources & Ideas for Home
- Classroom Activities for Home
- Speech in Your Home
- Fine Motor/Occupational Therapy in Your Home
- Gross Motor/Physical Therapy in Your Home
- If picked up in person – we will have fun learning activity packs and materials for your children and family to enjoy (name writing, lacing beads, dry erase learning activities, alphabet match, paper bag super heroes, play dough, sun catchers, etc.).

These packets:

- Can be viewed digitally
- Can be printed
- Can be picked Up (if you are unable to pick up please contact us so we can mail or deliver the packet)

The information packet will be for download only and the hard copy packets will be available for pick-up on **Friday, March 20th from 8:00 a.m. to 4:00 p.m. in the front entry of the building** (these can also be printed if you have access to a printer). To ensure reduced contact families can enter on their own, pick up their packet and supplies and exit. If you need to pick up additional belongings please message your classroom teacher or call KidStart 585.658.4023 so we can make arrangements to have the belongings ready for you. If your child has medication at the school, someone will be contacting you very soon to make arrangements to pick it up.

We look forward to our students returning as soon as possible! Our plan is for our lead teachers and/or the Family Advocate to be reaching out to families and children periodically. Please don’t hesitate to contact KidStart with any questions or concerns. We hope that you and your children stay safe and healthy, and wish you the best of luck during this stressful time.

Sincerely,

The KidStart Family

*Daily updates will be made to the KidStart Facebook Page to include daily ideas, links, posts and ideas to have fun and learn at home [https://www.facebook.com/KidstartTheArcLivWyo/](https://www.facebook.com/KidstartTheArcLivWyo/)*
Food Distribution Information Per School District

(These resources are available as of today, 3/17/2020 but we are unsure of how long they will be)

**Avon** – For information, call Kristen Murphy at 226-2455 ext. 1304 (need based)

**Batavia** – Breakfast and lunch pick up available for children 18 and under from 9am to 12pm Monday through Friday at Jackson or John Kennedy. Other locations available.

**Cal-Mum** – Grab and Go breakfast and lunch bags available to students from 10:30am to 1:00pm Monday through Friday. Drive behind the Middle School.

**Dansville** – Grab and Go breakfast and lunches will be available to students for pick up between 7am and 10am Monday through Friday either at the Dansville Central School where a school bus will be parked near the Mustang or at the GCC parking lot where the school bus is. Stay in your vehicle. If you live out of the village and need delivery please call 335-4070 and press #1.

**Genesee** – Meal distribution will be available at Country Max parking lot, Groveland Fire Department, and the Highlands apartment complex. There will also be a drive through location at Genesee Central School bus loop. Meals are available Monday through Friday from 11am to 1pm. If you have transportation difficulties call Kelly Sattora at 243-3450 ext. 3418.

**Keshqua** – Breakfast and lunch will be available for all students 18 years and under and they will be delivered Monday through Friday to families that wish to participate. Delivery will take place between 11am and 1pm. Staff will be reaching out to families.

**Letchworth** – All children 18 and under are eligible for a Grab and Go breakfast and lunch as long as there is one child enrolled in the school district. Food distribution will be available at Gainsville Fire Hall, Castile United Church of Christ, behind the Methodist and Catholic churches, Eagle Free Library, and Pike Community Church Monday through Friday from 11am until 12pm. If transportation is an issue please call 585-493-3530.

**Livonia** – Any Livonia family may pick up a boxed breakfast and lunch Monday through Friday from 11am until 1:30pm. Pick up will be entering the school through Bulldog Blvd ONLY and exiting onto Route 15. If transportation is an issue please call 585-346-4000 ext. 1002.
Mt. Morris – Packed breakfast and lunches will be available for pick up from 10am until 1:30pm Monday through Friday. Pick up locations are at the Letchworth Barn Antique parking lot, the parking lot behind the Old Cornell Cooperative Building on the corner of Main and Clark Street, the corner of Tallman Road and Hawkswiew Lane, and the Firehouse Christian Community Center. If you have any transportation difficulties please call 585-658-5010.

Pavilion – The transportation department will be bringing food to families upon their request between 11am and 1pm at your primary address. Someone must be home. Contact Deb Cartwright at 584-2100.

Perry – Breakfast and lunch non-perishable meals will be available daily for all free and reduced price lunch students. They will be available for pick up in the Elementary/Junior High bus loop from 11am through 12pm, Monday through Friday. If you have any transportation, issues or dietary restrictions for your child please call Molly Bogle at 585-237-0270 ext. 1001.

Wayland-Cohocton – Breakfast and lunch will be available for any family, Monday, Wednesday, and Friday. One distribution location will be every Monday, Wednesday, and Friday in the parking lot of St. Joe’s Church, from 9am to 10am. The second location will be every Monday, Wednesday, and Friday in the parking lot of the Cohocton Elementary School, from 9am to 10am. If delivery is needed you must call 585-213-4315 or email closingsupport@wccsk12.org.
## Livingston County Food Pantries

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sent By Ravens Food Pantry</strong></td>
<td>40 Spring Street, Livonia, NY 14487</td>
<td>585-481-5942 Call for appointment</td>
</tr>
<tr>
<td><strong>Dansville Ecumenical Food Pantry</strong></td>
<td></td>
<td>Is Closed, Please contact Catholic Charities in Mt. Morris 585-658-4466</td>
</tr>
<tr>
<td><strong>Lima Food Pantry</strong></td>
<td>7329 East Main Street, Lima, NY 14485</td>
<td>585-582-1737/585-582-6787 Monday 9:00am-10:00am Wednesday 11:00am-12:00pm Friday 4:00pm-5:00pm</td>
</tr>
<tr>
<td><strong>Hemlock Food Pantry</strong></td>
<td>4616 Main Street, Hemlock, NY 14466</td>
<td>585-367-3138/585-694-0396 Call for appointment</td>
</tr>
<tr>
<td><strong>Conesus Webster Food Pantry</strong></td>
<td></td>
<td>585-346-5581 Call for appointment</td>
</tr>
<tr>
<td><strong>Avon Food Pantry</strong></td>
<td></td>
<td>585-226-3542/585-358-1671 Call for appointment</td>
</tr>
<tr>
<td><strong>Avon Zion Episcopal Church Martha’s Kitchen</strong></td>
<td></td>
<td>10 Park Place, Avon, NY 14414 585-226-3722/585-226-2518</td>
</tr>
<tr>
<td><strong>Food Relief Coalition Cal-Mum</strong></td>
<td>3239 Cameron Place, Caledonia, NY 14423</td>
<td>585-538-6181</td>
</tr>
<tr>
<td><strong>Geneseo-Groveland Food Pantry</strong></td>
<td>31 Center Street, Geneseo, NY 14454</td>
<td>585-243-1141/585-9918220</td>
</tr>
<tr>
<td><strong>York Food Pantry</strong></td>
<td>2662 Main Street, York, NY 14592</td>
<td>585-243-2199</td>
</tr>
<tr>
<td><strong>Livonia Food Pantry</strong></td>
<td></td>
<td>585-346-6470/585-346-5314 Livonia Fire Dept. Rte. 15, Livonia, NY 14487</td>
</tr>
<tr>
<td><strong>Leicester Food Cupboard</strong></td>
<td></td>
<td>585-382-3257/585-245-3448 Call for appointment</td>
</tr>
<tr>
<td><strong>Nunda Food Pantry</strong></td>
<td></td>
<td>585-476-5954 Call for delivery</td>
</tr>
<tr>
<td><strong>Catholic Charities Food Cupboard</strong></td>
<td></td>
<td>Mt. Morris, NY 14510 585-658-4466 Tuesday 9:00am-12:00pm Wednesday 1:00pm-3:00pm Thursday 9:00am-12:00pm</td>
</tr>
</tbody>
</table>

*We are unsure of the availability of these pantries at this time, but wanted to provide the most up to date resources we have.*
Wyoming County Food Pantries

Attica Food Pantry
St. Vicent's Parish
Walnut St.
Attica NY
585-591-1228
Tuesday & Thursday 9-1:30pm

Castile United Church of Christ Food Pantry
4 Washington St.
Castile NY 14427
585-493-2840
Call for appointment

Pioneer Association of Churches Food Pantry
212 Main St.
Arcade, NY 14009
585-492-3116
Mon & Thurs 12:30pm-2:00pm

United Church of Warsaw Food Pantry
22 S. Main St.
Warsaw NY 14569
585-786-3868
Mon, Wed, Fri 9-11am
Tues: 10-1:00pm

Wyoming Co. Community Action Program
6470 State Rte 20A #1
Perry NY 14530
585-237-2600
Call for appointment

Perry Emergency Food Pantry
6 Main St.
Perry NY 14530
585-237-5924
Tues-Fri 1-5pm Sat. 10am-3pm
(July-Sept: Sat 8:30-3pm)

Community Cupboard
Pioneer Assoc. of Churches
303 NY-39
Arcade NY 14009
716-492-3116
Mon-Fri 12:30-2:00pm

Silversprings United Methodist Church 11
Church St.
Silver Spring NY
585-492-2432
Wednesday 10-12

Varysburg Food Pantry
2442 Main St.
Varysburg NY
585-535-0755
Wed: 10-12pm & 6-8pm

Catholic Charities Food Cupboard
4 West Buffalo St.
Warsaw NY
585-786-3440
Call for appointment

Catholic Charities Food Cupboard
417 W. Main St.
Arcade NY 14009
585-492-0407
Call for appointment
# COVID-19 Daily Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 9:00 am</td>
<td>Wake up</td>
<td>Eat breakfast, make your bed, get dressed, put PJ's in laundry</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Morning walk</td>
<td></td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Academic time</td>
<td>NO ELECTRONICS</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Creative time</td>
<td>Lagos, paperless, drawing, crafting, play music, cook or bake, etc</td>
</tr>
<tr>
<td>12:00-12:30</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>12:30-2:30</td>
<td>Afternoon break</td>
<td></td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Academic time</td>
<td>ELECTRONICS OK</td>
</tr>
<tr>
<td>3:00-5:00</td>
<td>Afternoon break</td>
<td></td>
</tr>
<tr>
<td>5:00-6:00</td>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>6:00-8:00</td>
<td>Free Time</td>
<td></td>
</tr>
<tr>
<td>8:00</td>
<td>Bedtime</td>
<td>All kids</td>
</tr>
<tr>
<td>9:00 PM</td>
<td>Bedtime</td>
<td>All kids who follow the daily schedule &amp; don't light</td>
</tr>
</tbody>
</table>
Online Resources... you can use at home

1. Ways to talk to your children about Coronavirus:
   - PBS Kids for Parents (You can also find other great resources at this website)
     https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus

2. Hand Washing Videos:
   https://www.youtube.com/watch?v=djxmuDz8c3s&feature=youtu.be&fbclid=IwAR19uqZwmXe-wPQTSky0-tMH1TXILkKmHhx0yDqJu2NUsiTOF_N63NluJU

   https://www.youtube.com/watch?v=OZ3oSvfjwU4&feature=youtu.be&fbclid=IwAR2Isf0H_DAMHFz-oxq0ynCfOQmQvDpmZuMUY6LN8uOE46CaOjFaf-vuy8

3. Virtual field trips:
   - Discovery Education
     https://www.discoveryeducation.com/community/virtual-field-trips/
   - Virtual Field Trips
     https://www.virtuallfieldtrips.org/video-library
   - Cincinnati Zoo and Botanical Gardens
     http://cincinnatizoo.org/home-safari-resources/?fbclid=IwAR0GoYoY_2s7x3zSE2-ucpgQo3Hprz-8AdgAw3wweUNxkTGysA4pnHdg8wzs
   - Walt Disney World

Animal Live cams:
Monterey Bay
https://www.montereybayaquarium.org/animals/live-cams?gelid=Cj0KcQjwcfzBRCHARIsAO-l_OqXEn_g9JOIVW_d--mh90YhM0YPdyle8SkmKruzVfoB3bTueRYnZmsaApecoEALw_wcB

Yellowstone National Park:
Mammoth Hot Springs https://youtu.be/Xe0W20YGEGk

Museums:
Boston Children’s Museum - https://www.bostonchildrensmuseum.org/

Space:
Explore the surface of Mars - https://accessmars.withgoogle.com/
Space - https://www.pre-kpages.com/space-theme-activities-preschoolers/

Zoos:
San Diego Zoo https://zoo.sandiegozoo.org/live-cams
4. **Parent Resources**
   - PBS Kids for Parents [https://www.pbs.org/parents/](https://www.pbs.org/parents/)
   - 40+ Indoor Activities [https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR31wcy9BMMrQR0TvU-U84j5JzclOv_JebF7sDiU6WX8WSFVPjHqohpgBo](https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR31wcy9BMMrQR0TvU-U84j5JzclOv_JebF7sDiU6WX8WSFVPjHqohpgBo)
   - Voice based learning... learn through Alexa [https://bamboolearning.com/resources](https://bamboolearning.com/resources)
   - FREE Relief Packs are now available for Preschool through 5th Grade. Each download includes worksheets, activities, songs, and videos for all subjects: [https://www.havefunteaching.com/resources/relief-packs/](https://www.havefunteaching.com/resources/relief-packs/)

5. **Free online subscriptions:**
   - Kids Activates Blog
     [https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/)
   (Once you click on a website link, it will take you to the list of sites to sign-up)

6. **Virtual Author Visits:**
   - Schedule of Free Kid Lit Live Virtual Author/Illustrator Visits and Read Alouds
     [https://docs.google.com/document/d/1AmP8ql984cO9Yg8N7Nn5eiiJKpzNVcODCn-8m2v-zD4/edit?fbclid=IwAR0j6vH4w2GLbZiVmL6u5vJ3Mm1V3595InxSL2XaSdj_fZZUIAxh1noBf1](https://docs.google.com/document/d/1AmP8ql984cO9Yg8N7Nn5eiiJKpzNVcODCn-8m2v-zD4/edit?fbclid=IwAR0j6vH4w2GLbZiVmL6u5vJ3Mm1V3595InxSL2XaSdj_fZZUIAxh1noBf1)

7. **Online Educational Activities and Games:**
   (Most of these websites currently have free subscriptions due school closing)

   [www.abcmouse.com](http://www.abcmouse.com)
   [www.brainpopjr.com](http://www.brainpopjr.com)
   [www.brainpop.com](http://www.brainpop.com)
   [www.scholastic.com](http://www.scholastic.com)
   [www.gonoodle.com](http://www.gonoodle.com)
   [www.seussville.com](http://www.seussville.com)
   [www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)
   [www.learninggamesforkids.com](http://www.learninggamesforkids.com)
   [www.storylineonline.net](http://www.storylineonline.net)
   [www.starfall.com](http://www.starfall.com)
   [www.raz-kids.com](http://www.raz-kids.com)
   [www.coolmath.com](http://www.coolmath.com)
   [www.discoverykids.com](http://www.discoverykids.com)
   [www.abcyacom](http://www.abcyacom)
   [www.ducksters.com](http://www.ducksters.com)
   [www.switchzoo.com](http://www.switchzoo.com)
   [www.reading.ece.org](http://www.reading.ece.org)
   [www.funbrain.com](http://www.funbrain.com)
   [www.highlightskids.com](http://www.highlightskids.com)
35 THINGS TO DO AT HOME

1.) Read books daily

2.) Practice writing your name

3.) Write with a pencil, color and practice cutting with scissors.

4.) Practice following two step instructions: “Please go get your shoes and then put them on.”

5.) Practice using your manners: “Please” and “Thank You”

6.) Practice social skills: sharing, taking turns, positive words

7.) Help your child practice taking responsibility: clean up messes, dressing themselves, get their own snacks etc.
8.) Look for numbers and letters throughout the house/community.

9.) Play with magnetic letters on the refrigerator. Spell words/name practice.

10.) Shaving cream play: use a table/bathtub/counter to play with shaving cream. Write letters in the shaving cream, spell words or your name.

11.) Playdough play: have your child play with playdough- make snakes and turn them into letters, numbers and shapes.

12.) Search for shapes and colors throughout the house/community.

13.) Take pictures when you go for a walk and make a book out of your adventures.
14.) Magazine collages: cut out pictures from magazines/newspapers and make an art collage.

15.) Decorate the sidewalk with chalk pictures/writing.

16.) Bubble play: blow bubbles, count how many you can pop.

17.) Puzzles

18.) Move like an animal: ex: waddle like a penguin, lumber like a bear, walk like a crab etc.

19.) Jump rope

20.) Make an obstacle course

21.) Do some yoga poses
22.) Play balloon tennis: use balloons and fly swatters for this.

23.) Make a fort: use pillows and sheets/blankets

24.) Make a meal/snack together

25.) Play a board game

26.) Listen/Dance to music

27.) Do an arts and craft activity

28.) Make Oobleck: 2 cups corn starch, 1 cup water, food coloring if you want it colored.

29.) Play outdoors every day possible.
30.) Bubble trucks: 4 cups bubble bath, 2 cups water, food coloring if you want it colored. Whip together with a hand mixer to make it foamy. Add in any toys you want.

31.) Slime: 8 oz Elmers glue (any color), 2 tbsp water, ½ tsp baking soda, contact solution. Mix ingredients together in order. Add contact solution to get the right consistency.

32.) Work on sight words/ABC/Number flash cards.

33.) Go on a nature walk.

34.) Make and go on a scavenger hunt.

35.) Have fun and enjoy learning and growing with your child!!!
Bubble Trucks Sensory Activity

BUBBLE TRUCKS
HAVE YOU MADE BUBBLE FOAM YET?

Materials:

- **Bubble bath / body wash** (make sure it’s tear free)
- Water
- **Food coloring** (optional)

The magic of bubble foam is a 2:1 ratio – 2 parts bubble bath to 1 part water. For this bubble trucks activity, I used 1/2 cup bubble bath with 1/4 cup of water for each color. I added in a few drops of food coloring to make it just a little more special.

The magical part is this...

You whip it. Grab a hand mixer and start whipping. You want to whip it into “stiff peaks” – you’ll know when you get there.
School is not in session...

How can my child work on his/her speech & language skills?

If your child is working on speech sounds....
(what we usually focus on in speech-language therapy is increasing awareness of the target sound in words, and getting a high number of correct productions)

1. First, check your child’s IEP or other paperwork to make sure you know which sounds or patterns your child is working on, and what position or level (ex: L in the beginning of words & short sentences, S at the end of words, or final consonants in words). Keep in mind that you will want to practice one sound or pattern at a time.

2. Make (or search online) for a list of words with your child’s sound(s) in the right spot. Try to find a list of at least 10-20 words that are fairly common one- or two-syllable words, and write them down. You can have your child draw a picture next to each one - you will use this list to practice later! (You can also use index cards to create your own flashcards.)

   Helpful websites for lists:
   - https://www.home-speech-home.com/speech-therapy-word-lists.html
   - http://mommyspeechtherapy.com/?page_id=55

   Spending 5 minutes a day (or every other day) practicing your child’s sounds can be very effective! You can have your child say each word on your list 5 times each correctly, make up a simple or silly sentence for each word, or incorporate some of the following activities to make it more fun!

- Find some dice, and take turns saying a target word the number of times that comes up on the dice. Each person then receives that many “points” - keep a tally and declare a winner at the end!

- Pull out a board game (checkers, Sorry, etc.) or a puzzle, and have your child say a target word 5 times before taking a turn or adding a piece to the puzzle.

- Read a book together, and listen for words with your child’s target sounds. Practice the words on each page.

- You may need to remind your child how to make the sound, say, “Look at my mouth! See how I do X to make this sound? Let’s look in a mirror together. Now you try!”

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www.slpnataliesnyders.com

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**School is not in session...**

How can my child work on his/her speech & language skills?

If your child is working on **language skills**...

(Exact language skills targeted in your child's IEP will vary, but may include things like increasing overall understanding & use of vocabulary words, answering & asking WH questions, understanding how items go together in categories, understanding how two things are similar and different, using correct verb tenses, expanding the length of sentences, describing, and more.)

**PLAY**

Many language skills can be targeted through playing together with an adult! Choose an activity such as Lego blocks, Play-doh, catch, dinosaurs, or action figures, and follow your child's lead. Have your characters interact & talk with each other, narrate aloud what you are doing or creating, or sort things into groups that are alike (ex: all the big dinosaurs, or all the red pieces).

When interacting with each other, model full sentences and expand on what your child says (add 1-2 words).

Child: “Her can fly.”
Adult: “Yes, she can fly fast!”

Child: “Here a cookie.”
Adult: “That is a big cookie! Can you make a small cookie too?”
Child: “Here!”
Adult: “Thank you! I love chocolate cookies.”

Child: “Uh oh! Tower all gone.”
Adult: “Oh, the tower fell down! How can we fix it?”

**TIP:** Sometimes we might use “communication temptations” in therapy - where we might deliberately leave a tight lid on a container or put something out of reach on purpose - so the child will need to request help.

If you need online book options, try getepic.com (Free 30 day trial) or storytimeonline.com (Free).

**GAMES**

Playing simple games such as Sneaky Snacky Squirrel, Memory, Hi Ho Cherry-o, Go Fish, & Uno can provide great opportunities to practice turn taking skills, following directions, asking and answering questions, using full sentences, understanding concepts such as more/less and next/first/last, and many more skills.

**BOOKS**

Choose a picture book to read together. Read the words, but also talk about the pictures; read books more than once!

- Point out details you notice, and try to guess together what might happen next (ex: “Look, she has a raincoat and rain boots. What kind of weather do you think it is outside? What season is it?”).
- Connect details from the book to your life (ex: “Look, they are going to the petting zoo! Remember when we went? What were your favorite animals?”).
- Talk about how the characters might be feeling (ex: “Oh, she lost her favorite toy! How would that make you feel?” in different situations in the story.)
A great way to work on speech skills include singing here is a list of songs

Baby Bumble Bee
London Bridge is Falling Down
Rain Drops, Gum drops
Twinkle Twinkle Little Star
Head, Shoulders, Knees and Toes

5 Little Ducks
I’m A Little Teapot
The Itsy Bitsy Spider
Down By the Bay
Seven Days in a Week
Hickory Dickory Dock
Humpty Dumpty
5 Little Monkeys

Bingo

She’ll Be Comin’ ‘Round the Mountain
Yankee Doodle
Ring Around the Rosie
Hokey Pokey
Wheels on the bus
Baa, Baa Black Sheep

On Top of Spaghetti
The Bear Went Over the Mountain
Old McDonald Had a Farm
Monkeys Jumping on the Bed

Clean Up Song
The Manners Song
Daily Fine Motor & Visual Motor Activity Chart for SCHOOL CLOSING

ENGLISH & SPANISH

Thank you to Giselle Alvarez, MOT, OTR/L for the Spanish version!

FREEBIE!
Directions

Many parents, therapists, and teachers are feeling overwhelmed with school closings. I wanted to give back by making you a fine motor / visual motor chart for daily activities that use common household items. You can print and give to parents to use with their students while they are on school closing. This is primarily aimed at younger children (preschool / early elementary) or children who are at this developmental level.

What’s included:

ENGLISH:

• Page 3: Cover page (print or do not print)
• Page 4: Chart with directions to cross off each activity after completion
• Page 5: SAME Chart but with directions to have your child circle that they liked the activity 😊 or did not like the activity 😕

SPANISH: THANK YOU to my wonderful co-worker, Giselle Alvarez, MOT, OTR/L for translating this Spanish version!

• Page 6: Cover page (print or do not print)
• Page 7: Chart with directions to cross off each activity after completion
• Page 8: SAME Chart but with directions to have your child circle that they liked the activity 😊 or did not like the activity 😕

If you love this product, please leave me feedback. If you find an error, or have a suggestion, please email me: EmpoweringOT@gmail.com I am happy to work with buyers to make them happy 😊

PLEASE SHARE THIS WITH EVERYONE WHO NEEDS IT! However, please direct them to my website to download to their own account. This resource cannot be posted on websites or other areas where multiple people can access this resource. All rights reserved.

Check out my teacher pay teacher store for more resources: https://www.teacherspayteachers.com/Store/Empowering-Ot-By-Dr-R
<table>
<thead>
<tr>
<th>Play paper basketball</th>
<th>Beads</th>
<th>Scissor practice</th>
<th>Playdough faces</th>
<th>Q-tip painting</th>
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<tr>
<td>Crumple up scrap paper (i.e.: newspaper, construction paper, wrapping paper) to make balls. Set up a &quot;basketball hoop&quot; by using empty non-breakable bowls, empty boxes or bins.</td>
<td>Use cheerios, fruit loops, pasta, beads, or even toilet paper rolls to thread onto string/pipe cleaners/straws. Have your child sort the beads into colors or patterns on different strings.</td>
<td>Have your child use scissors to practice cutting different materials. Supervise and be creative! Children can cut paper, ribbons, coupons, yarn, cardboard, construction paper, index cards or newspaper.</td>
<td>Use playdough to make faces with different emotions (happy, sad, mad etc.). Practice rolling playdough into a long snake to make: a mouth, and small balls to make eyes.</td>
<td>Use q-tips to paint! Model for your child different shapes / objects (i.e.: circle, square, smiley face, lines, house) and have your child imitate. Let your child make their own picture, too! If you don’t have q-tips, use markers or crayons.</td>
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<th>Freeze dance</th>
<th>Rescue stuff animals</th>
<th>Household help</th>
<th>Rip paper</th>
<th>Reused painting fun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Play music, and dance. Pause the music to have children freeze and hold their position for 5-10 seconds.</td>
<td>Tie a long string around a stuff animal, make the string long enough so that it goes the length of a table and animal lays on the floor. Children will sit on the other side of the table and use the rope to pull the stuff animal up onto the table and into their hands.</td>
<td>Teach your child about chores. Have your child help you wash or dry non-breakable dishes, sweep, put laundry in the washing machine, wipe down a table or other activities.</td>
<td>Have your child rip paper (i.e.: construction paper, coupons, magazines, etc). Once the paper is ripped, children can glue down these pieces to make their own artwork.</td>
<td>Find different reused things your child can paint with: empty toilet paper tube, dried pasta, yarn, water bottle, twist caps off of a water bottle, plastic silverware or other reused materials. Have your child paint with these items. If you do not have paint, have your child draw or color with markers or crayons on different types of paper.</td>
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<th>Recycled building fun</th>
<th>Simon says</th>
<th>Tiny tray fun</th>
<th>Sticker name and shapes</th>
<th>Rubber band games</th>
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<td>Have children build buildings or anything they can imagine! Have your child use anything you have laying around such as cardboard, empty boxes or containers (cereal, packing boxes), toilet or paper towel rolls, paper etc. If you want, have your child use tape to try to keep their building together.</td>
<td>Play &quot;Simon says&quot;. The parent will call out an action, example: &quot;Simon says: put your hands on your head.&quot; The child does it. When you give an example that doesn’t begin with &quot;Simon Says&quot;, example &quot;Stand on one foot&quot;, your child must not do it. Switch and have your child be the caller. Actions can include: jumping, touching head shoulder, knees, toes, turning around, clapping, etc.</td>
<td>Find a clean empty muffin tin, cupcake tin, or ice cube tray. (If you don’t have this, you can line up small cups or egg carton) Have children use tweezers or spoon to place small objects (i.e.: mini erasers, pom poms, beads, pasta, beans) into each of the parts of the pan. If this is too difficult, have children use their fingers to grasp the small objects.</td>
<td>Write your child's name on a piece of paper (or have them write their name). Have your child use stickers to cover each letter to &quot;write&quot; their name with stickers. You can also make shapes and lines for your child to cover. If you don’t have stickers, your child can use use buttons, pom poms, beans or pasta.</td>
<td>Have your child place rubber bands around a water bottle or canned food item. Your child can also take off the rubber bands. You can also place rubber bands around plastic toys (i.e.: animals) and have children take off the rubber bands to &quot;rescue&quot; the animals.</td>
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# Daily Fine Motor and Visual Motor Calendar

Complete one activity a day with your child. If you don’t have the items at home, skip the activity or repeat a different activity.

After you complete the activity, have your child circled if they liked the activity 😊 or did not like the activity 😞.

<table>
<thead>
<tr>
<th>Play paper basketball</th>
<th>Beads</th>
<th>Scissor practice</th>
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<td>Crumble up scrap paper (ie: newspaper, construction paper, wrapping paper) to make balls. Set up a “basketball hoop” by using empty non-breakable bowls, empty boxes or bins.</td>
<td>Use cheerios, fruit loops, pasta, beads, or even toilet paper rolls to bead onto string/pipe cleaners/straws. Have your child sort the beads into colors or patterns on different strings.</td>
<td>Have your child use scissors to practice cutting different materials. Supervise and be creative! Children can cut paper, ribbons, coupons, yarn, cardboard, construction paper, index cards or newspaper.</td>
<td>Use playdough to make faces with different emotions (happy, sad, mad etc). Practice rolling playdough into a long snake to make a mouth, and small balls to make eyes.</td>
<td>Use q-tips to paint! Model for your child different shapes/objects (ie: circle, square, smiley face, lines, house) and have your child imitate. Let your child make their own picture, too! If you don’t have q-tips, use markers or crayons.</td>
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<td>Teach your child about chores. Have your child help you wash or dry non-breakable dishes, sweep, put laundry in the washing machine, wipe down a table or other activities.</td>
<td>Have your child rip paper (ie: construction paper, coupons, magazines, etc). Once the paper is ripped, children can glue down these pieces to make their own artwork.</td>
<td>Find different recycled things your child can paint with: empty toilet paper tube, dried pasta, yarn, water bottle, twist caps off of a water bottle, plastic silverware or other recycled materials. Have your child paint with these items. If you do not have paint, have your child draw or color with markers or crayons on different types of paper.</td>
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<td>Have children build buildings or anything they can imagine! Have your child use anything you have laying around such as cardboard, empty boxes or containers (cereal, packing boxes), toilet or paper towel rolls, paper etc. If you want, have your child use tape to try to keep their building together.</td>
<td>Play “Simon says”. The parent will call out an action, example: “Simon says: put your hands on your head.” The child does it. When you give an example that doesn’t begin with “Simon Says”, example: “Stand on one foot”, your child must not do it. Switch and have your child be the caller. Actions can include: jumping, touching head’ shoulder, knees, toes, turning around, clapping, etc.</td>
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Elizabeth Rizki Kosek, OTD, OTR/L © 2020 Empowering OT https://www.teacherspayteachers.com/Store/EmpoweringOTByDrR
CALENDARIO DIARIO DE
MOTRICIDAD FINA Y
MOTRICIDAD VISUAL
## Calendario diario de motricidad fina y motricidad visual

Complete una actividad al día con su hijo/a. Si no tiene los artículos en casa, omita la actividad o repita una actividad diferente. Tache cada actividad cuando esté completa.

<table>
<thead>
<tr>
<th>Actividad 1</th>
<th>Actividad 2</th>
<th>Actividad 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baloñete con papel</strong></td>
<td><strong>Abalorios</strong></td>
<td><strong>Práctica con las tijeras</strong></td>
</tr>
<tr>
<td>Arruje papel (papel periódico, papel de construcción, papel de envolver) para hacer unas pelotas. Establezca un &quot;área de baloñete&quot; mediante el uso de tazones vacíos no rompibles, cajas vacías o contenedores.</td>
<td>Use cereales (cheerios, fruit loops), pasta, abalorios o incluso rollos de papel higiénico para ensartarlos en cordones / impiapiás / popotes (sorbetes, pajillas). Haga que su hijo/a clasifique los abalorios en colores o patrones en diferentes cuerdas.</td>
<td>Practique recortando con su hijo/a diferentes materiales. ¡Supervise y sea creativo! Los niños pueden cortar papel, pintas, cuadernos, hilo, cartón, papel de construcción, fichas o periódicos.</td>
</tr>
<tr>
<td><strong>Caras de plastilina</strong></td>
<td><strong>Reciclo de peluches</strong></td>
<td><strong>Tareas del hogar</strong></td>
</tr>
<tr>
<td>Use plastilina para hacer caras con diferentes emociones (feliz, triste, enojado, etc.). Practique enrollar plastilina en una serpiente larga para hacer una bana y bolitas para hacer los ojos.</td>
<td>Até con una cuerda larga un pelúche, haga que lo cuerda sea suficientemente larga para que se extienda a lo largo de una mesa y el pelúche se acoque en el piso. Su hijo/a se sentará al otro lado de la mesa y usará la cuerda para tirar el pelúche sobre la mesa con sus manos.</td>
<td>Enseñe a su hijo/a hacer tareas domésticas. Haga que su hijo/a le ayude a lavar o seco los platos, barrer, poner la ropa en la lavadora, limpiar una mesa.</td>
</tr>
<tr>
<td><strong>Rasgar papel</strong></td>
<td><strong>Pintura con cosas recicladas</strong></td>
<td><strong>Juegos con bandas de goma</strong></td>
</tr>
<tr>
<td>Practique rasgar papel (papel de construcción, cuadernos, revistas) con su hijo/a. Una vez que el papel esté rasgado, su hijo/a puede pegar estas piezas para hacer sus propias obras de arte.</td>
<td>Encuentre diferentes cosas recicladas con las que su hijo/a pueda pintar: rollos de papel higiénico, papel vela, hilos, botellas de agua, tapas de una botella de agua, cubiertos de plástico. Haga que su hijo pinte con estos artículos. Si no tiene pintura, haga que su hijo dibuje o coloree con marcadores o crayones en diferentes tipos de papel.</td>
<td>Haga que su hijo/a coloque gomas elásticas alrededor de una botella de agua o una lata de comida. También puede practicar quitando las gomas de las botellas. Puede practicar colocando las bandas de goma alrededor de juguetes de plástico y haciendo que los niños quiten las bandas de goma para &quot;escocar&quot; a los juguetes.</td>
</tr>
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</table>

**Oselle Alvarez, MOT, OTR/L + Elizabeth Riziki Kasek, OTD, OTR/L © 2020 Empowering OT https://www.teacherspayteachers.com/Store/Empowering-OT-by-D-R**
Calendario diario de motricidad fina y motricidad visual

Complete una actividad al día con su hijo/a. Si no tiene los artículos en casa, omita la actividad o repita una actividad diferente. Después de completar la actividad, haga que su hijo/a circule si le gustó la actividad 😊 o no le gustó la actividad 😎.

<table>
<thead>
<tr>
<th>Baloncesto con papel</th>
<th>Abalorios</th>
<th>Práctica con las tijeras</th>
<th>Caras de plastilina</th>
<th>Pintura Q-tip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arregle papel (papel periódico, papel de construcción, papel de envolver) para hacer unas pelotas. Establezca un &quot;aro de baloncesto&quot; mediante el uso de tazones vacíos no rompibles, cajas vacías o contenedores.</td>
<td>Use cereales (cheerios, fruit loops), pasta, abalorios o incluso rollos de papel higiénico para ensartarlos en cordones / limpiapipas / popotes (sorbete, pajitas). Haga que su hijo/a clasifique los abalorios en colores o patrones en diferentes cuerdas.</td>
<td>Práctica recortando con su hijo/a diferentes materiales. ¡Supervise y sea creativo! Los niños pueden cortar papel, cintas, gomas, hilo, cartón, papel de construcción, fichas o periódicos.</td>
<td>Use plastilina para hacer caras con diferentes emociones (feliz, triste, enojado, etc.). Practique enrollar plastilina en una serpiente larga para hacer una boa y bolitas para hacer los ojos.</td>
<td>¡Use q-tips para pintar! Modela para su hijo/a diferentes formas / objetos (círculo, cuadrado, carita sonriente, líneas, casas) y haga que su hijo/a copie los diseños. ¡Deje que su hijo/a también haga su propia foto! Si no tiene q-tips, use marcadores o crayones.</td>
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<th>Baile y Pare</th>
<th>Rescate de peluches</th>
<th>Tareas del hogar</th>
<th>Rasgar papel</th>
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<tr>
<td>Toque música y baile. Pause la música para que los niños se congelen y mantengan su posición durante 5-10 segundos.</td>
<td>Alé con una cuerda larga un peluche, haga que la cuerda sea suficientemente larga para que se extienda a lo largo de una mesa y el peluche se acueste en el piso. Su hijo/a se sentará al otro lado de la mesa y usará la cuerda para tirar el peluche sobre la mesa con sus manos.</td>
<td>Enseñe a su hijo/a hacer tareas domésticas. Haga que su hijo/a le ayude a lavar o secar los platos, barrer, poner la ropa en la lavadora, limpiar una mesa.</td>
<td>Practique rasgar papel (papel de construcción, gomas, revistas) con su hijo/a. Una vez que el papel esté rasgado, su hijo/a puede pegar estas piezas para hacer sus propias obras de arte.</td>
<td>Encontre diferentes cosas recicladas con las que su hijo/a pueda pintar: rollos de papel higiénico, pasta seca, hilos, botellas de agua, tapas de una botella de agua, botellas de plástico. Haga que su hijo pinte con estos artículos. Si no tiene pintura, haga que su hijo dibuje o colorea con marcadores o crayones en diferentes tipos de papel.</td>
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<tr>
<th>Construcción con materiales reciclados</th>
<th>Simón dice</th>
<th>Actividades en banderas</th>
<th>Nombre y figuras con calcomanías (stickers)</th>
<th>Juegos con bandas de goma</th>
</tr>
</thead>
<tbody>
<tr>
<td>¡Haga que los niños construyan edificios o cualquier cosa que puedan imaginar! Use cualquier cosa que tenga a la mano, como cartones, cojas o recipientes vacíos, papel higiénico o papel de cocina. Si desea, haga que su hijo/a use oita para tratar de mantener su edificio unido.</td>
<td>Juega &quot;Simón dice&quot;. Un pariente dirá una acción, por ejemplo: &quot;Simón dice: pon tus manos sobre tu cabeza&quot;. El niño/a lo hace. Cuando el pariente da una orden que no comienza con &quot;Simón dice&quot;, por ejemplo &quot;Párese en un pie&quot;, su niño/a no debe hacerlo. Cambie y haga que su niño/a sea la persona que manda ordenes. Las acciones pueden incluir: saltar, tocar la cabeza, hombros/rodillas/ dedos de las pies, darse la vuelta, saltar.</td>
<td>Busque una bandera vacía para hacer muggins o cupcakes, o una bandera de bolsos de hielo. Si no tiene esto, puede alinear láminas pequeñas o cartones de huevos. Haga que los niños usen pinzas o ochoanas para colocar objetos pequeños (mini bordadoras, pompones, abalorios, pasta, frijoles) en cada una de las partes de la bandera. Si esto es demasiado difícil, haga que los niños usen sus dedos para agarrar los objetos pequeños.</td>
<td>Escriba el nombre de su hijo/a en una hoja de papel (o papelito que escriba su nombre). Haga que su hijo/a tape cada letra para &quot;escribir&quot; su nombre con calcomanías. También puede hacer figuras y líneas para que su hijo/a las cubra. Si no tiene calcomanías, su hijo/a puede usar botones, pompones, frijoles o pasta.</td>
<td>Haga que su hijo/a coloque gomas elásticas alrededor de una botella de agua o una bolsa de comida. También puede practicar quitando las gomas de las botellas. Puede practicar colocando las bandas de goma alrededor de juguetes de plástico y haciendo que los niños quiten las bandas de goma para &quot;rescatar&quot; los juguetes.</td>
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Physical Therapy Online Resources

https://www.pinkoatmeal.com/welcome-teachers/ or find more ideas on facebook under pinkoatmeal.

Another website that is free is gonoodle. The children love the songs superheroes, monster moves, ninja to name a few. The link is below https://family.gonoodle.com/

https://www.cosmickids.com/category/watch/

Occupational therapy Online Resources

https://justreeblog.com/fine-motor-skills/

https://www.theottotoolbox.com/improving-pencil-grasp-with-fine-motor/

Speech Therapy Resources

https://www.asha.org/public/speech/development/Activities-to-Encourage-Speech-and-Language

https://www.projectplaytherapy.com/5-activities-encourage-speech-language-development/

https://www.home-speech-home.com/speech-therapy-activities.html

https://www.starfall.com/h/
101 Fine Motor Ideas

1. Use a hole punch to punch a certain number of holes in a piece of paper.
2. Use a pipette to transfer water from one container to another.
3. Stack small wooden blocks into the tallest tower you can make.
4. Stretch and place loom bands on jumbo craft sticks.
5. Pick up craft pom poms with jumbo child tweezers.
6. Peel small stickers up and fill up a pre-drawn shape with them.
7. Practice opening and closing pink foam hair curlers.
8. Push pipe cleaners through the holes in a colander.
9. String pony beads on a crazy straw.
10. Squeeze a turkey baster and try to blow a cotton ball across the table.
12. Braid yarn to make Rapunzel hair and then use scissors to cut the hair.
13. Peel a hard-boiled egg at snack time.
14. Make a paper chain.
15. Roll strips of paper on a pencil to make them curly.
16. Hide dry beans in a pile of playdoh then search for them.
17. Play with clay instead of playdoh.
18. Use nuts and bolts from the Hardware store in the building center.
19. Stack and build with small cups.
20. Button and unbutton clothes on a doll.
21. Use a geoboard to build shapes with rubber bands.
22. Use legos to make the letters of the alphabet.
23. Glue Velcro dots on the end of craft sticks. Build something with the sticks.
24. Sprinkle confetti onto a table. Use wide paintbrushes to sweep the confetti into a certain area.
25. Put magnetic letters inside Easter eggs. Open an egg, name the letter, and close the egg.
26. Write numerals on pieces of cardboard. Clip that many clothespins on the cardboard.
27. Turn over a sand timer and see how many paper clips you can clip to a sheet of paper before time is up.
28. Make a necklace using yarn and uncooked ziti noodles.

29. Stick a piece of uncooked spaghetti into a ball of playdoh so that it sticks up straight. Place pony beads on the spaghetti to make a pattern.

30. String large and small paper clips together to make a long chain.

31. Mix up a variety of padlocks and keys. See how quickly you can get each lock open by using the correct keys.

32. Set out an ice cube tray, child tweezers, and a bowl of pom poms. See how quickly you can pick up one pom pom at a time and place it in a section of the ice cube tray until the whole tray is full.

33. Stick toothpicks in a styrofoam ball to make a porcupine.

34. Have a Matchbox car wash with small toothbrushes, soap, and water.

35. Tear paper and make a mosaic picture out of it.

36. Soak some sponges and wring them out seeing how dry you can get them.

37. Roll tissue paper into balls and glue each ball down on a page.

38. Squeeze a lemon or orange and see how much juice you can get from it.


40. Use a push pin to poke holes around the outline of a picture.

41. Pick up pennies one at a time and place them in a piggy bank.

42. Pop bubbles on bubble wrap.

43. Use cookie cutters to cut playdoh.

44. Use a toy hammer to hammer golf tees into a piece of Styrofoam.

45. Cut up straws and string them on yarn to make a necklace.

46. Make a Froot Loop necklace.

47. Trace around your hand with a pencil.

48. Tear pieces of masking tape and then stick them to a large sheet of paper.

49. Sort a pile of small objects into groups (paper clips, rubber bands, and marbles)

50. Use yarn to sew a lacing card.

51. Draw a monster on the window with a dry erase marker. Then, use a spray bottle to spray the monster with water and melt it.

52. Place lots of pennies face down on the table. Try to turn over one penny at a time by picking it up without
sliding it to the edge of the table.

53. Cut pictures out a magazine.

54. Pick up pom poms with tweezers and drop them down a paper towel tube.

55. Wrap rubber bands around cut pool noodles.

56. Drop liquid watercolor paint onto coffee filters using eye droppers.

57. Peel masking tape off a table.

58. Tie knots in a piece of yarn.

59. String your name using lacing alphabet beads.

60. Clip Barbie clothes onto a small clothesline using clothespins.

61. Build pictures out of snap cubes.

62. Make a picture out of stickers.

63. Push toothpicks through the holes in a parmesan cheese shaker.

64. Weave a placemat by weaving long strips of paper together.

65. Use toothpicks and marshmallows to build shapes.

66. Paint a picture using q-tips as paintbrushes.

67. Use a spoon to scoop up pony beads and transfer them to a different container.

68. Thread pony beads on a pipe cleaner to make a pattern.

69. Wrap yarn around and around a piece of cardboard cut into a shape.

70. Scoop soil into a pot. Pick up a few seeds and plant them.


72. Use decorative scissors to cut paper into fancy pieces.

73. Spread out contact paper sticky side up. Make a picture by sticking natural objects (leaves, twigs, acorns, etc.) to it.

74. Make snakes and eggs by rolling playdoh into long snakes and egg-like balls.

75. Peel and tear colorful washi tape and use it to make a picture.

76. Use chop sticks to eat with.

77. Make the letters of your name out of Wikki stix.

78. Use Bingo dabbers to paint a picture.
79. Drive a toy car along a giant letter or number cutout.

80. Use a rolling pin to roll out dough.

81. Use decorative hole punchers to punch out pictures. Then glue the cut outs onto a piece of paper.

82. Build something with legos.

83. Peel star stickers up and then use them to make your own constellation on black paper.

84. Use a clothespin to pick up and transfer cotton balls from one bowl to another.

85. Practice opening and closing storage containers (plastic food bins, Ziploc bags, etc.)

86. Use a toothpick to draw a design in some playdoh.

87. Pick up a craft pom pom with a clothespin. Dip it in paint and dab paint on a piece of paper using the pom pom.

88. Cup your hands together to shake two dice. Roll them and add up the dots.

89. Make shadow puppets using your hands and a flashlight.

90. Use your index finger to pop bubbles.

91. Use only your thumb and index finger to pick up marbles and transfer them to a jar.

92. Go outside and use scissors to give the grass a haircut.

93. Stack pennies as high as you can to make a tower.

94. Put together a Mr. Potato Head toy.

95. Use a water gun to squirt liquid water colors on the sidewalk to paint a picture.

96. Try to trace the outline of a picture with liquid glue by squeezing the glue bottle and following the line.

97. Crumple paper and throw it like a snowball. Then unroll it and smooth it back out.

98. Use a computer keyboard to type the letters of the alphabet in order.

99. Blow up a balloon and then tie a knot in it.

100. Finger paint.

101. Use a marker to connect dots on a piece of paper.
Kids Master Skills®
Take Home Packet

Brain Breaks
by Occupational Therapist, Lisa Marnell
Body Calming

Spring Stretches:
Stand up and reach to the sky. Count to 5. Now, bend your knees and reach in front. Count to 5.

Bear Wakes Up:
On hands and knees, round your back and count to five. Now, arch your back and count to five.

Strong Spring Legs:
Stand in front of a chair. Hold your foot and stretch one leg. Say the alphabet. Now, switch sides.

Strong Spring Arms:
Sit in a chair. Hold the sides. Try to push yourself up and down 5 times. Take a break. Try again.
Body Alerting

Umbrella in the Wind:
Kids pretend they are holding an umbrella. It is windy! Move the umbrella side to side 10 times. Now, raise it up and down 10 times.

Splash in Puddles:
Raise your arms up. Now, raise your knees and stomp in a pretend puddle. Can you make a big splash? Do 10 massive stomps!

Jump in the Sunshine:

Skip on a Spring Day:
Step – Hop. Step – Hop. This is how to skip! Try to skip forward! If skipping is too hard, try jumping!
**Build Listening Skills**

**Gardening Directions:**
Give directions: (Push a wheelbarrow, Plant seeds, Dig a hole, Water flowers, Mow grass)

**Sports Directions:**
Give directions: (Fly a kite, Ride a bike, Rollerblade, Ride a scooter, Ride a Skateboard etc.)

**F is for Flowers:**
Teacher says letters. When children hear the letter, “F”, they bend down and pretend to pick flowers.

**B is for Bubbles:**
Teacher says letters. When children hear the letter, “B”, they pretend to blow bubbles.
Build Looking Skills

Eggs are Ovals:
Kids march about the room as they look for other things that have oval shapes. What can you find?

Rain Falls:
Oh, no! Rain is washing things away! Teacher places objects or toys on a table or floor. Kids close their eyes as she hides one under a blue paper. What’s missing?

Long Flower Stems:
Flower stems are long and narrow. Look around. What else do you see that is long and narrow? Can you think of other things, too?

Many Petals:
Flowers have many petals. One child picks out an object in the room. Say every part of that object. Now, it’s another child’s turn.
Build Planning & Focus Skills

Push a Wheelbarrow:
First, put your hands in front of you. Second, lift the wheelbarrow. Third, push the wheelbarrow as you walk forward. Fourth, put it down. Yay!

Eat at a Bird Feeder:
Children in a group pretend they are birds at a bird feeder. They must figure out how to stand in a circle so that everyone has a space.

Jumping Jacks:
Make your body like the letter one with your hands at your sides. Jump up and make your body like a STAR!

Jump Rope:
Pretend to hold a jump rope. Make circles with your arms. Now, jump every time your arms come down.
Build Creativity Skills

Flowers Bloom:
Kids pretend they are flowers blooming. Start as a seed. Then a bud. Next, the flower blossoms.

Look at Spring:
Sit sideways on your chair. Twist and look behind you. What spring things do you see? Switch sides.

Who Can Fly?
Kids take turns pretending they are insects or birds that can fly. Other children guess what they are.

Move like a Dragonfly:
A dragonfly has four wings! Children take turns thinking of a pretend way that a dragonfly might move. Other kids copy.