

Occupational Therapy: Activity-a-Day Calendar

MAY 2020

Sunday  Family Time	Monday  Fine Motor	Tuesday  Sensory Fun	Wednesday  Social Emotional	Thursday  Fine Motor	Friday  Gross Motor	Saturday  Help with chores
<p>31</p>  <p>Cuddle while reading a book or watching a show</p>					<p>1</p>  <p>Crab walk from your bedroom to the kitchen</p>	<p>2</p>  <p>Transfer Laundry from washer to dryer</p>
<p>3</p>  <p>Play "I spy" while out for a walk</p>	<p>4</p>  <p>Money Box: make a 2" slit in the lid of a container; push coins or button through</p>	<p>5</p>  <p>Pull cotton balls apart, glue them on paper to make a picture</p>	<p>6</p>  <p>Make a special Handshake with your child</p>	<p>7</p>  <p>Clothespins attach and detach to paper, clothes, bowls, etc</p>	<p>8</p>  <p>Hop on 1 foot to the living room.</p>	<p>9</p>  <p>Vacuum, Sweep, Mop</p>
<p>10</p>  <p>Play "tag" in the yard/field</p>	<p>11</p>  <p>Draw or color on vertical surfaces: tape paper on wall or window</p>	<p>12</p>  <p>Water Play: Fill a sink, bathtub, or bucket with water and add various cups and scoops or toys</p>	<p>13</p>  <p>Play a turn taking game</p>	<p>14</p>  <p>Egg Carton: Use fingertips to pick up small objects (Beans/buttons) and place into egg carton</p>	<p>15</p>  <p>Hopscotch</p>	<p>16</p>  <p>Wipe Tables</p>
<p>17</p>  <p>Play "Red light, green light" in the yard/field</p>	<p>18</p>  <p>Use tongs to pick up small objects to place in a container</p>	<p>19</p>  <p>Tactile tray: fill a cookie sheet with sand/salt/flour. Use finger to draw shapes, letters or pictures.</p>	<p>20</p>  <p>Think Aloud; talk through cooking a meal, making a bed, describe what you do as you do it</p>	<p>21</p>  <p>Rip Paper into small pieces and glue them on paper to make a picture</p>	<p>22</p>  <p>Wheelbarrow walking</p>	<p>23</p>  <p>Put away groceries – place canned or boxed goods onto shelves</p>
<p>24</p>  <p>Name 3 things you are grateful for</p>	<p>25</p>  <p>Beading macaroni or cheerios on a string</p>	<p>26</p>  <p>Hide toys in a bin of rice</p>	<p>27</p>  <p>Label Emotions: sad, angry, tired, happy, confused, frustrated</p>	<p>28</p>  <p>Remove and replace the caps of markers</p>	<p>29</p>  <p>Play Catch with a Small Ball</p>	<p>30</p>  <p>Sort silverware – sort forks, spoons, butter knives</p>

