

MAY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					5/1 May Day: Tear strips of paper to make a rainbow collage naming all colors <i>(Bilateral Coordination)</i>	5/2 Blow bubbles with either store bought or homemade bubbles <i>(Oral Motor)</i>
5/3 Garden Mediation Day: Plant seeds outside or in a small container on the window to watch them grow, focus on touching soil and using pinch for seeds <i>(Tactile Tolerance, Fine Motor, Visual Motor)</i>	5/3 Simon Says: Take turns being Simon when your child understands the rules! <i>(Body Awareness and Attention)</i>	5/5 National Teacher's Day: Write a letter to your teacher, including extras like pictures and stickers <i>(Fine Motor, Handwriting)</i>	5/6 Pour water from a pitcher or jug into individual cups – make it a party for the family! <i>(Eye-Hand Coordination, Attention to Task, Upper Body Control)</i>	5/7 Play a card game, like Uno or Go Fish, having your child deal <i>(Intrinsic Hand Muscle Development, and Visual Perceptual Skills)</i>	5/8 Play hand clapping games or make up your own secret handshake <i>(Memory, Eye-Hand Coordination)</i>	5/9 Use a hole punch to make confetti – then have a party! <i>(Fine Motor Control)</i>
5/10 Mother's Day: Breakfast in Bed - Have your child plan out a menu and prepare a breakfast in bed treat for mom, including stirring and measuring <i>(Upper Body and Fine Motor Skills, Sequencing)</i>	5/11 Help your child learn how to make their bed, sheets and all! <i>(Proprioceptive Heavy Lifting and Resistance Pull)</i>	5/12 Tape paper to the wall (the bigger the piece the better!) and draw with markers or crayons <i>(Visual Perceptual Skills, Fine Motor Coordination with Grasp Pattern, Upper Stability)</i>	5/13 Frog Jumping Day: Animal Moves - frog hop, cheetah run, elephant stomp, bear walk...and create your own moves! <i>(Proprioceptive and Vestibular Sensory Input)</i>	5/14 Make a puzzle as a family <i>(Visual Perceptual, Social Skills, Fine Motor Skills)</i>	5/15 Finger painting on any surface <i>(Tactile Sensory Play, Visual Perceptual Skill, Finger Isolation)</i>	5/16 Sequence-Focused Cooking: for dinner, have your child help with cooking, discussing what come first, next, and last <i>(Sequencing, Direction Following, Attention)</i>
5/17 Make some homemade playdough - squish, roll, flatten like a pancake, and cut with a knife or cookie cutter <i>(Fine Motor, Intrinsic Hand Control)</i>	5/18 No Dirty Dishes Day: Household help with washing dishes and wiping table after a meal <i>(Full Body Movements for Proprioceptive and Vestibular Input based on Positioning)</i>	5/19 Put salt on a colorful plate or tray and have your child draw shapes or letters from copying given images <i>(Finger Isolation, Copying)</i>	5/20 Walk barefoot on various surfaces (grass, sidewalk, dirt) and talk about feel <i>(Tactile Sensory, Increased Awareness)</i>	5/21 Do the Hokey Pokey <i>(Direction Following, Gross Motor Balance, Proprioception)</i>	5/22 Practice opening jars of all different sizes <i>(Fine Motor Intrinsic Hand Control, Grasp Patterns, Strength and Stability)</i>	5/23 Rearrange bedroom furniture <i>(Heavy Work, Full Body Engagement, Proprioception)</i>
5/24 Give you child 2-3 keys and figure out which one opens the front door <i>(Visual Perceptual Skills, Lateral Pinch)</i> 	5/25 Pillow fight with extra pillow squeezes! <i>(Proprioceptive Input)</i>	5/26 Body Challenge: How long can you watch TV on your stomach? <i>(Upper Body Stability and Strengthening)</i>	5/27 Play toss and catch with different size balls <i>(Eye-Hand Coordination, Visual Skills, Sequencing)</i>	5/28 Snip straws with scissors to practice scissor skills, then use pieces to make a necklace <i>(Scissor Skills, Fine Motor Hand Separation, Visual Perceptual)</i>	5/29 Build with Legos, tinker toys, Knex or any building toys to build the biggest tower <i>(Visual Motor and Perceptual Skills)</i>	5/30 Water a Flower Day: Fill watering cans and water plants around the house <i>(Heavy Lifting – Proprioceptive)</i>