

April 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 OT Activities at Home!	30 Tips for Activities: Add support, such as providing modeling or hand-over-hand assistance, based	31 We know skills improve when kids are having fun. Be silly! If you don't have a material, get creative to find a	1 Hide puzzle pieces around a room for your child to find. Ask your child to use only one hand to rotate the pieces	2 Play a card game. Our two hands work together when dealing and holding cards.	3 Formation Friday: Practice letters, #s or shapes in flour on the counter. Child can copy or trace adult's letters, depending on child's level of	4 Strengthening Saturday: Wheelbarrow walk! Adult holds child by ankles or knees, while child walks on their hands. How far can you go? Can you push or carry items?
5 Easter/Spring wreath: Cut a circle of paper, fold in half and cut a semi-circle to form the base. Tear & crumple coloured tissue paper & glue on. Don't have tissue paper? Try	6 Make-it Monday: Make a clothesline between chairs or put clothespins along the edge of a container or box. Hang up cards, small	7 Tasty Tuesday: Place small snacks, such as trailmix or fish crackers, in small containers so fingers are used to get them out.	8 Ask your child to try using a key to unlock a door. Too easy? Try putting a set of keys in their palm and ask them to move the required key to their fingers, using only one hand.	9 Play Tic-Tac-Toe using 2 colours of bread tabs instead of writing x or o. Try holding a bread tab in your palm & moving it to your fingertips (without the help of the other hand)	10 Formation Friday: Make letters, #s or shapes using twigs or toothpicks. This works best for letters made of lines (no curves). Then, the child can copy or trace letters on paper.	11 Strengthening Saturday: Child makes an OK sign using index fingers and thumb. Then adult places two fingers in the hole created and tries to pull the fingers apart. Now switch places!
12 Snippin' Sunday: Cut ovals or circles & decorate like easter eggs. Use Monday's clothesline to hang them up to decorate	13 Make-it Monday: Make playdough together! Measuring, stirring and kneading are great for 'bilateral coordination' and you'll have something fun to	14 Tasty Tuesday: Use a toothpick or tongs to pick up and eat raisins, cut fruit or mini marshmallows.	15 Hide small items in playdough for your child to find. Have them guess how many might be in there or what might be hiding? Give your child a chance to hide	16 Play Golf! Make a mini driving range. Push a tee into playdough or a cereal box. Flick a pompom or cotton ball off the tee. Who can flick it furthest? Who's	17 Formation Friday: Practice letters, numbers or shapes in gel or lotion, either on a counter or in a ziploc bag.	18 Strengthening Saturday: Play tug of war with a skipping rope or towel.
19 Snippin' Sunday: Cut an empty tp roll from the edge to the middle. Repeat many times all the way around to form hair. Draw a face. Now give your tp person a haircut!	20 Make-it Monday: Make a paper clip chain by linking paper clips together. Don't have paper clips? Make a paper chain (or garland) instead!	21 Tasty Tuesday: Eat a banana using a knife and fork! You could try other soft foods today too, like pancakes or small sausages.	22 Ask your child to pick up a pencil as if to write. Then ask them to walk their fingers from the tip to the eraser end, and back. Only use one hand!	23 Play with building toys (Duplo, Lego, Magna Tiles, K'Nex). These encourage using two hands together and strengthen	24 Formation Friday: Make letters, numbers or shapes using twist ties. Then trace the letters using your index finger.	25 Strengthening Saturday: Have a tiny tug-o-war. Adult and child use thumb and index fingertips to hold the same marble, pebble, or small toy. See who can tug it from the others
26 Snippin' Sunday: Cut out a circle or use a paper plate. Write the alphabet or #s around the edge of the circle. Snip between each letter or #. Go for walk or look inside & fold letters over as	27 Make-it Monday: Stack coins one at a time. See who can make the tallest tower. When it falls, use 1 hand to pick up coins one at a time, moving them to your palm. See how many you can	28 Adult packs a whisk with pompoms or cottonballs. Child guesses how many & uses fingers to pull them out. Now the whisk is empty, use it to make something tasty.	29 Ask your child how many elastics they think you wrapped around a can or ball. Have them take the elastics off, one at a time, to	30 Play Cotton Ball Catch. Use a baster, empty spray bottle or straw to blow a cotton ball back and forth between you. Or have a race from	1	2
3	4					