

The OT Home Menu of Activities

Draw a path with sidewalk chalk- follow the path!	Learn to tie your shoes by searching "adapted shoetying" on YouTube	Play a card game	Walk like a bear around your house 3 times!
Play outside for at least 30 minutes	Go on a nature walk - find 5 things to see, hear, touch, and smell!	Wash a toy with soap and water	Belly breath:Lie on your back, put a toy on your belly and watch it go up and down 5 x
Cut or tear old magazines and make a collage!	Color a picture while laying on your tummy	Find 3 things shaped like a circle and trace them to make a snowman	Make a piggy bank with an old container- pick up 5 coins at a time, drop one at a time in the slot.
Match socks and loop together with your thumbs to make sock balls, throw into the basket	Finger paint with shaving cream, shampoo, or lotion. Write your name or the alphabet	Use a cotton ball, Q-tip or sponge to paint a picture!	Wash a window with water only using a paper towel or crumpled newspaper