

### Activities you can do at your home with household items

- Read with your child
- Flashlight reading
- Alphabet Safari (look around the house for letters)
- Use household items to practice counting, patterns, sorting, etc. (e.g., Legos, colored cereal, M & M's, beads, socks, other toys, etc.)
- Nesting Bowls, cups, spoons
- Go outside! (Chalk, bubbles, play tag, duck duck goose, hide and seek, etc.)
- Letter or Shape Hunt (inside or outside: what letters / shapes can you find?)
- Board Games, card games, or memory
- Dice games (e.g., roll 2 & compare numbers, roll 2 & add/count total, etc.)
- Bake! (Talk to your child about measuring, numbers, weight, sizes, etc.)

### Internet Activities/ Apps

- [GoNoodle](#) - Movement breaks **Website we use for shake or motor breaks**
- **Monkey Preschool Math**
- **My Playhome (Virtual Dollhouse)**
- **Alpha Tots (letters)**
- **Doodle Cast (drawing)**
- **Monkey Math School Sunshine**
- **Wet, Dry, Try (letter writing practice)**
- **Online Games:**
  - [www.pbskids.org](http://www.pbskids.org)
  - [www.education.com/games](http://www.education.com/games)
  - [www.abcya.com](http://www.abcya.com)
  - [www.starfall.com](http://www.starfall.com)
  - Raz-kids

### Online Story Options

Snuggle up with some hot chocolate and a good book! If you have limited access to books at home, click on the links below for some online story resources.:

<http://www.storylineonline.net/>

<http://www.justbooksreadaloud.com/index.php>

Click on the Tumblebooks icon on the right side of the screen

[www.getepic.com](http://www.getepic.com)

### Fine Motor Activities

Almost all types of arts and crafts type activities as well as playtime with small and/or resistive manipulatives will work to strengthen the intrinsic muscles of the hand.

**Spray bottles** : clean chalk board, water plants, squirt ping pong ball off golf tees, spray colored water into snow, melt ice cubes with spray bottles in sensory table (you can freeze small plastic items such as bugs in ice cubes to make it more fun!)

**Rip Paper**: tear construction or newspaper into strips for paper mache projects, or small piece for mosaic or art project

**Pinching tissue paper**: small square of tissue paper can be pinched and glued onto picture to make 3-D artwork.

**Crumble paper into balls**: using whole hand, make “snowball”, or crumple into ball to throw at a target or in trash can (start with 2 hands for crumpling , progress to using only 1 hand at a time to crumple)

**Tweezers / Tong**s: pick up and sort small items such as mini erasers or pompoms into ice trays

**Clothespins**: use to pick up and transfer small objects such as pompoms or cotton balls; hang up items such as artwork or mittens along a clothesline weight string

**Coins/Buttons**: practice flipping coins or buttons over (without moving to edge of table); feed coins, poker chips or buttons into banks or slots

**Resistives: theraputty, clay, playdoh**: Hide small items such as beads and retrieve; roll into small balls (using finger tips ideally) then squish the “grapes” using thumb and index finger; encourage pinching, rolling, squeezing and pulling apart

**Animal walk races**: weight bearing on the hands is another great way to promote proximal stability and strengthen the hands. crawl like a bear or a crab, squirm like a snake or jump like a frog.

### Gross Motor Activities

#### **Wheelbarrow Walking**

- Hold child’s feet and have him/her walk on hands
- Back should be straight not sagging and elbows should not be bent
- More support can be provided by holding hips or knees

#### **Bridging**

- Child lies on back with knees bent and feet flat on floor
- Child lifts bottom from floor keeping tummy tight and flat
- Slowly lower bottom to floor and repeat
- Make a game of it by driving toy cars, rolling balls, or moving stuffed animals under the “bridge”

#### **Magic Bicycle**

- Child lies on back, lifts both legs and moves legs in a bicycle motion as they “ride” their “magic” bicycle to whatever destination they choose
- Have them ride slowly i.e. going down a hill, quickly to “pedal” up a hill, put on the brakes unexpectedly etc.

**Wall Push-Ups**

- Have child stand approximately 5 inches from the wall
- Place hands on wall so body is at an angle
- Have child “push” the wall to make the room “bigger”

**More Gross Motor Activities:****Row, Row, Row Your Boat**

- Have child hold a hoola hoop on one side while you hold the other side
- Alternate rowing by leaning forward and back
- Have the child work to pull him/herself back to a sitting position once reclined
- For added challenge move the hoop unexpectedly side to side
- This activity can be done in sitting, standing, high or half kneeling

**Superman**

- Child lies on stomach and lifts arms, legs and head from floor with back arched
- Sing a favorite song, count etc. to encourage child to hold this position
- If child is unable to lift arms and legs together first practice just arms, just legs and progress to both as tolerated

**Step-ups**

- Place a puzzle board on one side of a step stool and pieces on the other side
- Child retrieves one piece, steps up and down to place in the board, repeat until puzzle is complete
- Look for hip, knee and foot to be aligned as ascending and descending, provide support as needed.

**Obstacle courses****Simon Says****Follow the Leader**