



Kenowa Hills Public Schools Summer OT Suggestions
Rain or Shine Activities
Ages 2-4



Indoor/outdoor activities

*Create an obstacle course with different household objects. Have the child do a variety of activities such as climb over, under, run around, etc. Make the obstacle course a game, by timing how fast the child can go through it. See if the child can beat his/her time each time through.

*Animal walk game: Use a small box and seal it shut. Place one picture on each side of the box. Have the child roll the box like a die and whatever animal the die lands on have the child walk and talk like the animal, if the animal can be imitated. Examples of animals include:

1. Snake: Have the child slither (lay on the floor and use elbows to pull self) on the floor making an "S" sound like a snake.
2. Crab: Have the child sit on the floor and prop him/herself up with his/her hands, walk forward or backward without letting his/her bottom touch the ground.
3. Duck: Waddle like a duck and quack.
4. Bear: Have the child stand on all fours and stick their bottom in the air so that their legs are as straight as can be but their hands still touch the floor. Have them make noises like a grizzly bear.
5. Giraffe: Have the children walk on tip-toes and stretch their neck as tall as they can.
6. Bird: have the children run around and flap their arms. Also have them "tweet" like a bird.

*Party toys: Use a variety of party noise makers. Have the child work on blowing and humming into the noise makers to make them work.

*Bubble Volcanoes: Use a small cup (Dixie cup works best) and place a small amount of soap and water in the bottom of the cup. Have the child blow bubbles with the straw. How big can they make the volcano?

*Paper Volcanoes: Cut up a variety of colored tissue paper. Place the tissue paper in a small cup (Dixie cup works best). Give the child a straw and have the child blow into the cup. When enough air is blown, the papers will float up like a volcano erupting. Play again by having the child suck on the straw to pick up the pieces of paper and place the paper back into the cup.

*Sing and act songs: Play a CD/Tape of childrens songs. Songs may include: Ring around the Rosy; Head, Shoulders, Knees and Toes; Row Row Row Your Boat; and the Hokey Pokey. Have your child dance and sing along to the music.

*Play Doh: Have your child make different items with Play Doh. Play Doh is a fun way to work on cutting skills for older children. Have your child roll the Play Doh into a long

snake then snip it into little pieces with plastic scissors. Roll the Play Doh into different shapes, and see if your child can copy you.

*Make Edible Dirt and let the child eat it. Here is how you make Edible Dirt:

You will need one package of instant chocolate pudding and Oreo cookies. First prepare the chocolate pudding so that it can settle. Demonstrate how to twist the Oreo open and scrape off the crème in the middle. Each child should use 2–3 Oreos. Place the Oreos on a piece of wax paper and have the children crush the Oreos into crumbs using a rolling pin or a sterile toy hammer. Place half of the crushed Oreo cookies in a cup/bowl and then add the chocolate pudding and gummy worms on top then sprinkle the remainder of the Oreo cookies on top. Finally, enjoy the Edible Dirt! (Angermeier, P., Krzyzanowski, ., & Moir, K. K, 1998).