



Kenowa Hills Public Schools Summer OT Suggestions
Rain or Shine Activities
Ages 5-8



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.

*Squeeze sponges: Place a small amount of soap in a larger bucket of water. Give each child a small cup. Place sponges of all sizes, larger for full hand squeezing and smaller sponges for squeezing with pointer finger and thumb. Have the children race to see who can fill up their cup the fastest by transferring the water from the large bucket to their cup via squeezing the sponges out into their cup.

Rainy Day Activities

*Monster toast:

Items needed: a piece of bread, milk, Dixie cups, food coloring, butter, cinnamon and sugar, sterile paint brushes that have not been used in paint.

Directions:

- Place a small amount of milk into each of the Dixie cups (the amount of Dixie cups used depends on how many different colors the child wants to use to make the monster toast.
- Place a small amount of food coloring in each of the Dixie cups
- Paint a face on the toast using the milk and food coloring
- Toast the painted bread
- Butter it and sprinkle sugar and cinnamon on it for a tasty treat.

*Board game extravaganza:

Many games are appropriate to work on OT related skills.

Examples of games that would be beneficial include: 1) Chutes and Ladders 2) Let's Go Fishing 3) Elefun 4) Operation 5) Candy Land 6) Perfection 7) Memory

*Puzzles: Puzzles are a great way to work on visual perceptual skills with your child.

*Activities that include color, cutting and pasting are great ways to work on fine motor skills. Don't forget to have your child hold the writing utensil with three or four fingers close to the tip of the utensil. Also, when cutting, enforce a thumb up hand position.

*Baking fun: Make sugar cookies with your child. Have them help you measure out ingredients, roll the dough, and use a cookie cutter to make the cookies. When the cookies are cooled off, have your child help you frost the cookies.

*Play Doh: Have your child make different items with Play Doh. Play Doh is a fun way to work on cutting skills. Have your child roll the Play Doh into a long snake then snip it into little pieces with plastic scissors.

*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.

*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).