

Occupational Therapy **Toddler** Activities for Home

■ Gross Motor
 ■ Fine Motor
 ■ Executive Function
 ■ Visual Motor
 ■ Sensory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p> <ul style="list-style-type: none"> -Animal Walks- show them how and have them copy! Ex-Stomp your feet like a dinosaur! -Bubble wrap popping- have them use try to pinch the bubbles - Cleanup 5 toys! Count as they go, or even sing the ABC's -Play Catch -Make a sensory bag by filling a Ziplock with some good smelling shampoo and some beads, erasers etc. 	<p>23</p> <ul style="list-style-type: none"> -Crawl over the bed. -Water play with spray bottles.- for squeezing and hand strengthening -Help clean up after meal- ex.- throw away food -Scavenger hunt- look for a hidden stuffed animal or Easter eggs etc. -Ice painting- simply place some ice in a bin and have the kids paint the ice cubes! 	<p>24</p> <ul style="list-style-type: none"> -Use a laundry basket as a school bus for stuffed animals, and load everyone in to give them rides -Coloring Page -Help to choose my outfit! -Play flashlight tag with your eyes. -Toy wash- Put some Toys in a sensory bin with water and soap and maybe even a toothbrush, small sponge etc. to have your child wash them. 	<p>25</p> <ul style="list-style-type: none"> -Outdoor Races -Play dough- make cookies or monsters. Have the kids poke it, roll it, put in beads, use cookie cutters etc. -Sorting Activity- Lay out various items of two different types. For example, perhaps some buttons and some cotton balls. Have the child pick up all the buttons and place them in a container. -Bean bag toss. -Play with Shaving Cream, may even add some food coloring for even more fun 	<p>26</p> <ul style="list-style-type: none"> -Jump using two feet from one side of the room to the next -Clothespin games -Have the child show what is missing at the dinner table (leave out a drink) -Dot Along a Line using Markers or Bingo Stampers. -Water Play- Just add some water in a bin with some measuring cups, funnels, cups of various sizes etc. 	<p>27</p> <ul style="list-style-type: none"> -Play catch in tall kneeling. -Eye dropper art craft.- Have the kids use eye droppers to suck up colored water and have them decorate a coffee filter or drop it into a bin of cotton balls to decorate -Dress a stuffed animal or doll -Catch the bubbles! -Spinning in circles in both directions. 	<p>28</p> <ul style="list-style-type: none"> -Listen/Look at a book while on your tummy. -Tongs/tweezers. -Practice Animal Sounds and match to pictures or toys. -Stack a tower - Sandwich game - Squeeze your kiddo between two pillows/sofa cushions for some deep pressure input

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<p>29</p> <ul style="list-style-type: none"> -Walk with one foot in front of the other along a line or path -Stringing large beads -Pretend to be in a store and have them get 1-2 things at a time to challenge their ability to follow directions -Puzzle. -Make a rice Sensory Bin and place some toys in the bin for them to dig, search and pour 	<p>30</p> <ul style="list-style-type: none"> -Rolling from one side of the room to the next -Crumple tissue paper. -Complete a 3-step obstacle course in 20 minutes. -Sorting colors, shapes, or even tracing along numbers/letters with their fingertips -Jump into a large pile of pillows. 	<p>31</p> <ul style="list-style-type: none"> -Dance to music -Eat Cheerios or puffs using fingertips to pick them up from the plate -Color a picture of your family -Trace images using fingertips -pushing against a wall. 	<p>1</p> <ul style="list-style-type: none"> -Nature poses- ex. stretch your arms like a tree, point your arms like a mountain -Mega blocks/ Duplo blocks. -Cook a pretend meal using pots and pans and spoons -Try to make baskets using stuffed animal or a soft ball into a laundry basket. -Make a handprint using paint or clay 	<p>2</p> <ul style="list-style-type: none"> -Jump on a couch cushion laid on the floor -Place coins in slots. (or small circle cardboard cut outs in through a lid with a homemade slot -“Go to the ___“ Fill in the blank with different rooms or locations in your house. Clap your hands and celebrate when your child goes to the correct place! -Balloon volleyball. -Drink water from a long straw or exercise water bottle. 	<p>3</p> <ul style="list-style-type: none"> -Play the Floor is Lava! -Hide beads in putty and have your child search for them -Point to faces that are happy, sad, excited etc. -Stack rocks outdoors. Yard work: mowing the lawn, raking grass/leaves, pushing wheelbarrow. 	<p>4</p> <ul style="list-style-type: none"> -toss a balloon in the air and don't let it drop. -Peel stickers. -Make a puppet out of paper bag with eyes, mouth, nose etc.- Copy a parent -Color a picture inside the lines. -Play with kinetic sand <p>Recipe:</p> <ul style="list-style-type: none"> • 2.5 cups fine sand • 1.5 cups cornstarch • .5 cups oil

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<p>5</p> <ul style="list-style-type: none"> -Bear walk. -Paper clips necklace. - Hide toys under a blanket or towel and have the child try to find it -Outdoor scavenger hunt, find two sticks, three rocks, etc. -Paint a rock 	<p>6</p> <ul style="list-style-type: none"> -Build a fort wall out of pillows. -Paint with a Q-tip -Play a musical instrument- ex. Use a homemade drum Race Car Race- use a toy car to race along a path and across a finish line. -Push heavy boxes across the carpet. 	<p>7</p> <ul style="list-style-type: none"> -Clap your Hands -Draw/color on a vertical surface- like a wall or easel. -Put recycling containers in recycle bin -Put an item under a solid colored cup have the child watch as you mix it around slowly with one other cup and have the child guess which cup the item is under. . -Melt ice while holding it in your hands and blowing on it. 	<p>8</p> <ul style="list-style-type: none"> -Crawl around the table 3 times -Finger puppets. -Get drinks for mommy, daddy and/or sibling(s) -Throw a ball at a target. -Mud pie (outdoors). 	<p>9</p> <ul style="list-style-type: none"> -Play tug of war. -Roll play dough ball between thumb and index finger. -Play Simon Says -Use a pool noodle to hit a suspended ball. -Finger paint. 	<p>10</p> <ul style="list-style-type: none"> -Lay on your belly and roll a ball back and forth -Flick a paper ball with each finger. -Sort coins or colored items. -Stack cups. -Trace your shadow (outdoors). 	<p>11</p> <ul style="list-style-type: none"> -Wheelbarrow walking. -Crumple paper with one hand and throw it in a bin -Sing a song with hand movements with parents ex. Baby Shark -Blow and catch bubbles with the bubble wand. -Collect and/or rake leaves

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<p>12</p> <ul style="list-style-type: none"> -Outdoors running race. -Finger painting. -Feed your pet or toy -String pasta. -Burrito blanket- wrap your child up nice and tight in a blanket like a burrito! 	<p>13</p> <ul style="list-style-type: none"> -Walk/run up a hill. -Squeeze a wet sponge to move water from one place to another. -Play match game -Parents draw some Circles on a paper, and have the kids make a face, body arms legs etc. -Eat something crunchy. 	<p>14</p> <ul style="list-style-type: none"> -Roll down a hill. -Pick up sequins. -Help your child fill an ice cube tray with their favorite juice to learn to make popsicles -Ring toss. -Create a quiet corner out of a cardboard box and pillows. 	<p>15</p> <ul style="list-style-type: none"> -Build a fort outdoors. - Practice velcro and/or zippers on dress up dolls. -Have your child tell you what is happening in a book that they love or even point out what is in the picture -Bring your thumb to your nose and back. ‘ -Make calming sensory bottles or a rain stick using beads/rice in a plastic bottle 	<p>16</p> <ul style="list-style-type: none"> -Swing or slide -Color with a broken crayon. -Rip paper and glue, it on a picture to decorate -Art craft. -Yoga. 	<p>17</p> <ul style="list-style-type: none"> -Make an indoor obstacle course. -Use tongs to obtain small objects and put them in a bin -Wash an animal or car toy- have the child get or tell you what they need ex. Water, soap -Bounce a tennis ball to a family member. -Animal walk. 	<p>18</p> <ul style="list-style-type: none"> -Throw/catch a ball by yourself. -Windup toys. -Practice singing the ABC's -Who is this? Find some family photos and have your child find grandma, sister, mom/dad etc. -Pasta sensory bin
<p>19</p> <ul style="list-style-type: none"> -kick a ball back and forth -Leaf rubbing art- Have your Child find a leaf and then place the leaf under a paper. Color on the paper to see the outline of the leaf that's hidden underneath! -Color a picture of the outside -Pass a ball between legs -Put your feet in a sensory bin- beans, rice, shaving cream etc. 	<p>20</p> <ul style="list-style-type: none"> -walk with a stuffed animal or balloon between your legs- don't let it drop! -Use chalk in the driveway -Persist on completing a puzzle and/or shape sorter. -Stack boxes of different sizes -Parents put two color paints in a Ziplock bag and put tape on the opening, and then have the kids use their fingers and hands to mix the paint by pushing it through the bag. 	<p>21</p> <ul style="list-style-type: none"> -Indoor bowling (use your imagination) -Push pipe cleaners through holes in a parmesan cheese container -Use a paint roller and water to "paint" the porch outside -Pouring/filling cups with water. -Water balloons. 	<p>22</p> <ul style="list-style-type: none"> -Play Hide and Go Seek -Write on play dough. -Get a book, a blanket, and a pillow for naptime -Fill one container with grass and another container with rocks -Walk barefoot on grass. 			