

Occupational Therapy Activity Calendar



Gross Motor Fine Motor Executive Functioning/Activities of Daily Living (ADL) Visual Motor Sensory

Sun Mon Tue Wed Thu Fri Sat

				1	2	3	4
				Play catch in the yard with water balloons.	Build a fort with blankets.	Ride your bike.	Play Hopscotch.
			Make a tower with toothpicks & marshmallows	Peel stickers and make a picture.	Write your name in the dirt using a stick.	Pop bubble wrap.	Tell a silly story.
			Help put away laundry.	Brush your hair.	Play a memory game.	Bounce a ball to a family member.	
			STEM project. (PBSkids.com)	Play a board game.	Complete a word search.	Add paint to zip-lock bags and squish to mix new colors.	
			Dance to your favorite songs.	Make volcanoes with baking soda and vinegar.	Paint ice and watch it melt.		

5	6	7	8	9	10	11
Practice wheelbarrow walking.	Make an indoor obstacle course.	Jump rope.	Do toe touches.	Water the plants.	Pull a wagon.	Run up a hill.
Use tweezers to sort beads.	Thread cereal on a pipe cleaner.	Practice zipping a zipper on a doll.	Pick beads/buttons out of playdough.	Color a picture.	Sort M&Ms by color.	Squirt at a target with a spray bottle.
Sort silverware and put it away.	Set a timer when playing computer/video games.	Lace your shoes before wearing them.	Pick up your toys and sort them by their size.	Do a science experiment.	Shampoo your hair when you take a shower/bath.	Clean/organize your room.
Catch bubbles.	Play volleyball with a balloon.	Roll marbles into a cup.	Throw a bean bag at a target.	Play catch.	Use a flashlight to make letters on the wall.	Do a dot-to-dot.
Make edible slime and add gummy bears.	Paint on the windows with washable paint.	Read your favorite book outside.	Play with water balloon	Make volcanoes with baking soda and vinegar.	Use cookie cutters to cut shapes in Jell-O.	Run through the sprinkler.

12	13	14	15	16	17	18
Climb a tree.	Color with sidewalk chalk.	Bounce on a yoga ball.	Roll down a hill.	Take your pet for a walk.	Do jumping jacks.	Clear the table after a meal.
Squeeze a glue bottle while making a craft.	Do a puzzle.	Pick up sticks to use for roasting marshmallows.	Play finger puppets.	Snap your fingers to the beat of your favorite song	Stack cups.	Play an instrument.
Play Twister.	Help fold towels.	Wash your hands before every meal.	Play Red Light/Green Light.	Make a craft.	Help mom/dad write a shopping list.	Set the table for dinner.
Thread pipe cleaners into a colander.	I Spy game.	Lacing.	Color a picture while staying in the lines.	Throw a ball in the air and catch it.	Look for a four-leaf clover.	Do a pegboard puzzle.
Roll different sized toy cars through playdough.	Color or write a message on the sidewalk using chalk.	Fill a wagon with something heavy and pull it on a walk with mom/dad.	Swing on a swing.	Lie in the grass and watch the clouds.	Paint with vegetables/fruit.	Play in the sprinklers.

19	20	21	22	23	24	25
Play a board game while lying on your stomach.	Play sports.	Indoor bowling (use your imagination.)	Dribble a ball.	Hop like a bunny to your room.	Jumping jacks.	Go swimming.
Pick some flowers.	Wrap your thumbs around when you climb on tree branches	Move a bead from your palm to your fingertips.	Build with Legos	Color a picture.	Hole punch craft.	Collect and sort pebbles.
Write/draw a story to share with family.	Persist on completing a puzzle.	STEM projects.	Draw 3 things you did during the day.	Make lunch with a family member.	Make sure you have everything you need before I start my school work.	Read a story outside.
Trace a picture of your favorite animal.	Lacing.	Pouring/filling cups with water.	Pick out shapes in the clouds.	Make playdough letters.	Play flashlight tag with your eyes.	Tape shapes to the wall and target letters with a ball or stickers.
Mix pizza dough with your hands and make your favorite pizza.	Use your hands to cook. Make a pastry using both hands!	Water balloons.	Make a sensory bin with colorful water beads.	Roll cookie dough out on flour.	Toy wash using shaving cream or soap.	Use a shaving cream and the hose to wash some of your toys.

26	27	28	29	30	31
Kick a ball.	Army crawl to the living room.	Exercise with a family member.	Ride a scooter.	Go on a rock hunt.	Do the Hokey Pokey.
Move a coin from your palm to your fingertips.	Roll small balls of playdough between your thumb and finger.	Thumbwrestling.	Paint with Q-tips.	Write your name or make letters in the sand.	Make patterns with Skittles.
Help mom/dad sort laundry by colors.	Have an outdoor scavenger hunt.	Do a paint by number picture.	Help clear the table after a meal.	Play Hide & Seek.	Make a daily "to do" list with a parent.
Bowling with soda bottles as the pins.	Glue yarn into a shape. Then color inside the shape	Complete a maze.	Tape a figure 8 to the floor and try to walk on the line without falling off.	Drop shapes in a shape sorter.	Pour cereal into a bowl...add milk.
Walk barefoot outside.	Throw a ball at a target taped to the wall.	Sit in the shade and try and new frozen treat.	Fill a box with your favorite toys and push the box to your room.	-Smell different types of flowers.	Balloon volleyball with pool noodles.

Please email Erin at ewisemore@unitedsvcs.org for more information.