

Speech/Language Therapy OT Calendar



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

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
<p>Snap your fingers to the beat of your favorite song</p> <p>Roll cookie dough out on flour.</p> <p>Make cookies with mom/dad.</p>	<p>String beads.</p> <p>Paint with your feet.</p> <p>Walk like a bear to your room.</p>	<p>Tear tissue paper.</p> <p>Hide items in shaving cream and find them.</p> <p>Play with trains on a track.</p>	<p>Play Finger Twister.</p> <p>Fill a box with your favorite toys and push the box to your room</p> <p>Play a card game.</p>	<p>Write your name with glue and sprinkle glitter on top of the glue.</p> <p>Mix ice and rice and play with it as it melts.</p> <p>Bounce on a yoga ball.</p>	<p>Cut out shapes and make a house or car.</p> <p>Write a message on the sidewalk with chalk.</p> <p>Dribble a ball.</p>	<p>Use tweezers to sort buttons by size.</p> <p>Make edible slime and add gummy bears.</p> <p>Do a science experiment.</p>
08	09	10	11	12	13	14
<p>Thread beads on spaghetti noodles.</p> <p>Make moon sand.</p> <p>Exercise with a partner.</p>	<p>Practice buttoning your shirt/coat.</p> <p>Read your favorite book in a quiet corner of the house.</p> <p>Put coins in a piggy bank.</p>	<p>Press beads into playdough.</p> <p>Do yoga with mom/dad.</p> <p>Sort toys by their size.</p>	<p>Lace your shoes.</p> <p>Make volcanoes with baking soda and vinegar.</p> <p>Take a walk around the neighborhood.</p>	<p>Sort M&Ms by colors.</p> <p>Use cookie cutters to cut shapes in Jell-o.</p> <p>Use a flashlight to make shape patterns on the wall,</p>	<p>Thread cereal on a pipe cleaner.</p> <p>Mix pizza dough with your hands and make your favorite pizza.</p> <p>Clean/organize your room.</p>	<p>Squeezing toothpaste onto your toothbrush.</p> <p>Use your favorite toy animals and make footprints in playdough.</p> <p>Go on a rock hunt.</p>
15	16	17	18	19	20	21
<p>Glue colored pieces of paper together to make a picture.</p> <p>Add paint to zip-lock bags and squish to mix new colors.</p> <p>I Spy game.</p>	<p>Make a story with stickers.</p> <p>Fill a wagon with something heavy and pull it on a walk with mom/dad.</p> <p>Play Red Light/Green Light.</p>	<p>Cut straws into pieces and make shapes.</p> <p>Paint with vegetables/fruit.</p> <p>Lay on your stomach and fly like Superman.</p>	<p>String a macaroni necklace.</p> <p>Spend time with a pet.</p> <p>Glue yarn into a shape. Then color inside the shape.</p>	<p>Stack cups.</p> <p>Make a sensory bin with beans/rice and small toys or objects from around the house.</p> <p>Make a card for someone you love.</p>	<p>Play an instrument.</p> <p>Sit and bounce on a yoga ball.</p> <p>Hop like a bunny to the bathroom.</p>	<p>Do a puzzle.</p> <p>Have mom/dad roll you up in a blanket.</p> <p>Find a hidden item in pictures.</p>

22

Glue beads on an art project.

Throw a ball at a target taped to the wall.

Play BINGO.

23

Thread pipe cleaners into a colander.

Make rainbow with Oobleck.

Exercise with a family member.

24

Color a picture.

Listen to calming music.

Draw a picture inside a large circle drawn on paper.

25

Write your name or make letters in a plate of salt.

Make a sensory bin with colorful water beads.

Play Hide & Seek.

26

Make patterns with Legos.

Balloon volleyball with pool noodles.

Crawl under your bed and back out.

27

Paint with Q-tips.

Draw shapes/letters in corn meal.

Legos

28

Move a coin from your palm to your fingertips.

Blow bubbles with a straw.

Tell a group story.

29

Try a yoga pose.

Color a picture.

Help clear the table after a meal.

Draw a picture inside a large circle drawn on paper.

Listen to calming music.

30

Make your bed.

Squeezing toothpaste onto your toothbrush.

Write a letter to a friend.

String Fruit Loops on an uncooked spaghetti noodle.

Use your favorite toy animals and make footprints in playdough.
