

MARCH/APRIL 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3/15	Make a puzzle - great for improving visual perceptual skills.	3/16	Go to the park and feel the textures: rough tree bark, smooth stones, etc.	3/17	String beads on a string or pipe cleaner for peasy making.	3/18	Wheelbarrow walk: Hold your child's feet and have them walk on extended arms.	3/19	Use a plastic hammer to hammer golf tees into Styrofoam.	3/20	Make cinnamon and sugar toast - Have your child spread the butter on the toast, and shake cinnamon and sugar, then cut toast into fun shapes with cookie cutters.	3/21	Make a pillow fort with couch cushions and blankets using visual perceptual skills, then cozy in to watch a family movie.
3/22	Take a family walk on the beach, touching the textures of sand and water.	3/23	Snip straws with scissors to practice sensor skills, then use pieces to make a necklace.	3/24	Tap paper to the wall like tinker the piece the better! and draw with markers or crayons.	3/25	Build with LEGOS, tinker toys, K'NEX - any building toys for resulting motor coordination skills.	3/26	Animal walks: frog, bunny, bear, crab, and make up your own!	3/27	Make homemade cookies from a box package or recipe - practice rolling into balls or using cookie cutters.	3/28	Play "puppy dog" and have your child pretend they are a puppy, crawling around the house, strengthening their shoulders and the arches of their hands.
3/29	Pillow fight! Great for some added proprioceptive input.	3/30	Make some homemade playdough - squish, roll, flatten like a pancake, and cut with a knife for practicing various hand skills.	3/31	Pick up cotton balls or pom poms with tongs and sort into jars.	4/1	Post stickers and make a card to send to someone.	4/2	Play soccer outside, practice rolling and kicking the ball.	4/3	Color a printed picture of a favorite character using broken crayons.	4/4	Play matching and concentration games: place pairs of picture cards face down, starting with only a few matches at first.
4/5	Play with shaving cream in the bath.	4/6	Use stamps and stamp pads to make a colorful collage.	4/7	Fold paper making up some simple origami: make fans, etc. You're in!	4/8	Play dress up with a variety of clothes hats and shoes, trying to incorporate as many different fasteners as possible.	4/9	Make letters, numbers, and shapes with pop-it sticks or pipe cleaners - you can also glue down and paint for more crafty kids!	4/10	Hide small toys in a rice or bean box and have your child find them.	4/11	Family dinner night with the kids picking the menu and helping to cook.