

"BEE" - Well School-Based OT Weekly Suggestions
By Christina Fischer, OTR



Color Key For Skills:

<p>Gross Motor Fine Motor Executive Function Visual Perceptual/Motor Sensory Processing</p>			
MONDAY	TUESDAY	WEDNESDAY/ Earth Day!	THURSDAY
Play Simon Says! - Great for body scheme awareness, crossing midline, following directions, and motor coordination	Do hopscotch on your driveway	Happy Earth Day! Enjoy a family Nature Walk	Dance Party! https://www.youtube.com/watch?v=KhfkYzUwYFk&list=PLzSMJZCWRra3iN-48LEnsM9WgxryhqUv9
Scissor Skills: Cut out facial features from magazines (e.g. eyes, nose, mouth, ears, etc). Try to cut out enough to make at least 3 faces.	Play with your food: Use your food to spell out sight words you are learning in school.	Earth Day Outdoor Fun: Take old play doh and place on textures outside to make imprints (e.g on tree bark, rocks, etc).	Use a turkey baster to fill a cup of water.
Align the cut out facial features on paper to make at least 3 funny faces	Copy this sentence: Earth Day is on April 22, 2020. Write something you love about the Earth: e.g. I love to walk barefoot on grass!	Earth Day Coloring Fun: See attached color by number worksheet	Look out your window. Make a list of all the items you can see.
Tactile fun: Use liquid glue to glue your funny faces on paper.	Vestibular fun: Animal walks such as bear walk, and / or donkey kicks (both are on all 4s with head positioned down)	Earth Day Sensory Fun: Make a "Nature Wand!" https://laughingkidslearn.com/nature-wands-outdoor-play/	Visual/Self-Regulation fun: Make homemade sensory bottles using plastic bottles. – Great for calming/self-regulation. Example: https://youtu.be/9b93xudPIVg
Plan out how to draw your hopscotch on your driveway https://static3.bigstockphoto.com/4/2/2/large1500/224318932.jpg	Organize your toy bins or video game storage area	Earth Day fun: Make a River! https://picklebums.com/make-a-river/	Plan to call a family member or friend and think of what you would want to say.

Parents you can follow this guide to complete activities whenever is flexible and convenient for you. Also, the activities do not have to be completed on the actual day, rather whenever is good for you. *Your child would just need to complete their total weekly OT mandated minutes by Thursday 3pm. Important information: Please keep a log of your child's minutes (e.g. tracing lines took 5 minutes, puzzle took 10 minutes etc.) In order to provide feedback please share with me videos and/or pictures.*

ALL ACTIVITIES SHOULD BE PERFORMED WITH DIRECT SUPERVISION BY THE PARENT ☺