

"BEE" - Well Pre-K OT Weekly Suggestions
By Christina Fischer, OTR



Color Key			
Gross Motor Skills	Fine Motor Skills	Visual Perceptual/Motor Skills	Sensory Processing Skills
MONDAY	TUESDAY	WEDNESDAY / Earth Day!	THURSDAY
Play Simon Says! - Great for body scheme awareness, crossing midline, following directions, and motor coordination	Pretend to be an airplane (arms out to side and make controlled arm circles) 3 sets of 10x	Happy Earth Day! Enjoy a family nature walk	Dance Party! https://www.youtube.com/watch?v=KhfkYzUwYFk&list=PLzSMJZCWRra3iN-48LEnsM9WgxyhqUv9
Scissor Skills: Pre k: 3 Continue to practice cutting along straight lines and/or curved lines Pre k: 4 Cut out a square	Play with your food: Make shapes with your food (e.g. form your gold fish crackers into the shape of a circle, triangle, square, etc).	Earth Day Play-Doh Outdoor fun: Take old play doh and place on textures outside to make imprints (e.g on tree bark, rocks, etc).	If you're able to, print out and color a picture of your favorite superhero or Disney Character! Try to stay inside the lines.
Tracing/copying: Pre k 3: Continue to practice trace and copy R/L slant lines and X. Pre k 4: Copy your first and last name 5x (using a model).	Practice drawing a picture of yourself (remember to add all of your body parts –circle for head, body, eyes, nose, mouth, arms, legs, hands, feet, ears, hair).	Earth Day fun: See attached worksheet	Imitate designs using 1 inch cubed blocks (e.g. 3 cubed train, 3 cubed bridge, 4 cubed wall, making tower of 8-10 blocks).
Sensory fun: Make homemade sensory bottles using a plastic bottles. – great for calming/self-regulation. Example: https://youtu.be/9b93xudPIVg	Tactile fun: Finger paint fun! (Make flowers, Bees/lady bugs, rain drops, etc)	Earth Day Sensory fun: Make a "Nature Wand!" https://laughingkidslearn.com/nature-wands-outdoor-play/	Proprioceptive fun: Help push/pull a stroller, wagon, or wheel barrow.

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 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 ☺

