

	Mon 3/30	Tues 3/31	Wed 4/1	Thurs 4/2	Fri 4/3
Fine Motor	Trace a letter on your child's back and have them guess which letter it is, then write that letter on a piece of paper. Take turns and have them trace a letter on your back.	Practice letters and words by finger painting. If you don't have paint, get creative: use pudding, yogurt, etc.	Write or type a short letter to a friend or family member.	Play with clay, Playdough, or therapy putty, twisting, pulling, tearing, pinching, and rolling flat with a rolling pin.	Have your child make a snack involving small ingredients such as placing raisins on peanut butter and celery or decorating frosted cookies with sprinkles, marshmallows, nuts or coconut.
Gross Motor	Play Simon Says- Players copy the body posture of the leader. Take turns being the leader.	Walk across a balance beam. A home version of the balance beam is a rope lying on the floor, which can be made to have curves and intersections.	Practice throwing a ball or beanbag into a bucket or at target.	Practice wheelbarrow walking - Have the child "walk" on his/her hands while his/her feet are held for him/her.	Play with a balloon or beach ball. Hit it back and forth and try not to let it touch the ground. Your child can also practice hitting it up in the air without a partner.
Sensory	With Child lying down, apply pressure with cushions or bean bag chairs.	Have child sit in a rocking chair or ball chair	Hide small items in a bowl of beans or rice and have your child find them without looking.	Practice deep breathing - slowly inhale through the nose and slowly exhale through the mouth.	Have your child wrap up tightly in a blanket or sleeping bag to help calm them.