SPRING OCCUPATIONAL THERAPY ACTIVITIES

HOW TO USE THIS SPRING OCCUPATIONAL THERAPY ACTIVITY EBOOK:

Follow the calendar as a sensory guide. Each day, focus on one of the body's senses. Then, choose of the activities under that sensory system. Adjust the activity to mee the needs of your child/client. Each activity has several ideas to work on specific problem areas. Feel free to adjust the calendar's sensory systems to meet the needs of your family's schedule.

SPRING PROPRIOCEPTION ACTIVITES:

1. **Garden Wheelbarrow Races**- Show the child how to get into the wheelbarrow position. Ask them to lay on their belly on a carpeted floor or grassy yard. Grasp the child's ankles and lift them up as the child pushes up with their arms. Begin by simply getting the child into the wheelbarrow position and progress to walking the child as they move their arms.

- EXTEND THE ACTIVITY:
- **Ocular Motor Control**: Encourage your child to look up at a focused point across the room or yard.
- **Gross Motor Skills**: Focus on alternating arms and legs as the child walks in a wheelbarrow position.
- **Eye-Hand Coordination**: Place felt squares on the floor. Ask the child to place their hands on the squares as they walk along the floor.
- **Body Scheme**: Ask the child to focus and name the body parts that are moving as they advance their arms/legs forward. Try going in reverse and repeat.
- **Visual Spatial Perception**: Position two jump ropes on the floor. Ask the child to walk between the lines without touching the ropes.

2. **Spring Wall Push-Ups**- Tape two large flowers to the wall. Ask your child to place one hand on each flower. Then should push their weight through the wall.

- EXTEND THE ACTIVITY:
- **Visual Scanning**: On the flowers, write a letter or number on each petal. Ask your child to scan the flowers as you name each letter/number. They can continue to press through the flowers as they scan.

- **Eye-Hand Coordination and Bilateral Coordination**: Ask your child to press on each flower with their hands. Then, the can clap their hands and quickly press back onto the flower. The child should not move their feet during the clap/wall push-up.

3. **Spring Dig**- Use a shovel to dig! Use both hands on the shovel in order to incorporate bilateral coordination with heavy work. Try digging many different items: dirt, pillows, piles of clothing, blocks, rocks, or sand. Use a large garden shovel (child sized) or hand-held garden shovel. Get your child into the garden to help plan a sensory garden. (Visit www.sugaraunts.com and search Sensory Garden for more ideas.} Add other garden tools like a rake, hoe, spade, and broom.

- EXTEND THE ACTIVITY:
- **Gross Motor Skills:** Add a target in the dirt/rocks/sand/pillows and ask your child to scoop up the item. Ideas include small stuffed animals or if using a small shovel, use a magnetic letter or other small item.
- **Visual Scanning:** Add items in the dirt * or other medium* such as wooden blocks. Ask the child to look from item to item as you call out colors. They can then scoop up each colored block.
- **Body Scheme:** Ask the child to say each body part as they move to help with awareness of body movements.
- **Motor Planning:** If using sand or dirt, draw lines by drawing a line with your hands. Ask the child to dig along the line. Use a string if needed.

4. **Spring Wagon Pull**- Load a wagon and go for a walk. Add items like toys and garden tools. Try this indoors and out. Ask your child to push and pull the wagon.

- EXTEND THE ACTIVITY:
- **Gross Motor Skills:** Show the child how to use one hand and both. Tie a rope to the wagon and ask them to pull the wagon using both hands on the wagon. Try varying weight in the wagon. Pull up and down slopes in yards with grass (more resistive surface), over sidewalks or asphalt, and on cement.
- **Language Development:** As you walk with your child, talk about the sights, encouraging communication and naming of items they can see.
- **Cognitive Development/Recall:** After completing the walk, ask the child to recall three items that they saw along the walk.
- **Motor Planning:** Draw lines on a driveway or sidewalk with chalk. Ask the child to walk along the line with the wagon.

SPRING VESTIBULAR ACTIVITES:

1. **Swings and Slides-** Head to the park and take in the swings and slides for vestibular sensory input. Have your child sit on their bottom, on their belly, and hanging upside down. Slide down slides on belly and back. Kids can climb up the slides, too to add in resistive core strengthening to the activity.

- EXTEND THE ACTIVITY:
- **Visual Motor Skills:** Bring a pad of paper to the park and color on the slide, using the surface as an easel. It's a different position and angle that will be fun for coloring and writing. (This works best at a quiet park without other children.
- **Fine Motor Skills:** While swinging, place small pebbles, sticks, and mulch under the swing. Ask your child to swing on their belly and pick up small items. They can place them into a cup.
- **Eye-Hand Coordination:** While the child goes down the slide, toss a ball and ask them to catch it. Further extend the activity by asking them to toss the ball back before they reach the bottom of the slide.
- **Postural Security and Gross Motor Skills:** Work on pumping the swing. Add in rhyme games or songs and ask your child to pump their legs faster or slower to the beat of the rhyme.

2. **Spring Time Hoke Pokey**- Sing the classic hokey pokey song with phrases like "put your rain boots in" and "put your garden gloves out".

- EXTEND THE ACTIVITY:
- **Motor Planning and Body Awareness:** Add a movement and planning component by asking your child to name the body parts they are using.
- **Bilateral Coordination and Crossing Midline:** Ask your child to use both hands together and to cross their elbow to the opposite knee during the song.
- **Listening Skills:** Add a listening component by saying the directions and asking our child to then complete that action.

3. **Flower Hop**- Create a hopping balance activity for a vestibular movement activity. Use chalk outdoors to draw flowers on a sidewalk. Use foam flower stickers for an indoor balance beam. Use real flowers and stems to create a nature based outdoor balance beam activity.

- EXTEND THE ACTIVITY:
- **Motor Planning and Body Awareness:** Add a movement and planning component by asking your child to name the body parts they are using. Try walking backwards, toe-to-toe, and side-walking along the line. Add additional motions such as hopping and jumping along the line.
- **Bilateral Coordination and Crossing Midline:** Add midline actions during the balance activity by asking your child to walk with their hands clasped in front of them and then behind their back. Then show them how to walk by tapping their foot with the opposite hand as they walk along the line,

4. **Bouncy Ball Spring Roll**- Using a large rubber ball or exercise ball/therapy ball, invite the child to roll, bounce, sit, and lay on the ball. Try positioning the child as they lay on their belly and then on their back.

- EXTEND THE ACTIVITY:
- **Eye-Hand Coordination:** Ask your child to sit or lay on the ball. They can toss small balls or bean bags into a target basket as you move the target around to different planes. Ask them to keep their body in one place, while moving their eyes to find the target.
- **Bilateral Coordination and Crossing Midline and Fine Motor:** Hand your child a pair of tongs and crafting pom poms. They can move the pom poms from one side of the floor to the other side of their body with twisting motions.

SPRING VISUAL PROCESSING ACTIVITES:

1. **Spring Scavenger Hunt**- Either indoors or outdoors, ask your child to look for certain colors in nature. Add in crawling components to build visual perceptual skills. They can crawl through a small grassy area looking for signs of Spring.

- EXTEND THE ACTIVITY:
- **Fine Motor Skills:** Use a pair of tweezers to collect small signs of Spring, like petals, buds, and green grass.
- **Gross Motor Skills:** Build in speed and gross motor strength by taking the Spring scavenger hunt to top speed. Add a time component to make it a race. Try doing the scavenger hunt while skipping or hopping.
- **Handwriting:** Write in a journal to keep track of all of the scavenger hunt finds.

2. **Balloon Toss**- Draw a flower on a balloon and play toss with the balloon. Keep it off the floor and keep your eyes on the balloon!

- EXTEND THE ACTIVITY:
- **Fine Motor Skills:** Use a pair of tweezers to collect small signs of Spring, like petals, buds, and green grass.

- **Gross Motor Skills**: Build in speed and gross motor strength by taking the Spring scavenger hunt to top speed. Add a time component to make it a race. Try doing the scavenger hunt while skipping or hopping. Handwriting: Write in a journal to keep track of all of the scavenger hunt finds.

3. **Fly a Kite**- Watch as a kite flies overhead to build visual tracking and scanning skills.

- EXTEND THE ACTIVITY
- **Gross Motor Skills**: Use one hand and then both hands to hold the string. Walk, run, skip, and jump while moving the kite.
- **Fine Motor Skills**: Take a shot at making your own kite to work on scissor skills, problem solving, and tool use.
- **Attention and Focus**: Count while the kite is in the air. See if you can sing a whole song or count to 20 before the kite changes directions.
- **Imagination and Pretend Play:** Skip the real kite and pretend you are flying one instead! Imagine what it would be like to BE the kite up high in the air!

4. **Make Cardboard Tube Bird watching binoculars**- Go on a hunt to look for birds. Take the hunt outside on a nature walk or look through the window.

- EXTEND THE ACTIVITY:
- **Fine Motor Skills**: Work on scissor skills, tool use, tripod grasp, pincer grasp, in-hand manipulation and open thumb web space while gluing cardboard tubes (toilet paper tubes or paper towel tubes) together, Add tape to secure. Use markers or paints to decorate your bird watching binoculars if you wish.
- **Direction Following**: Provide step by step directions for one step direction following or more steps to further work on this skill.
- **Problem Solving:** Provide and end product example and see if your child can create a bird watching binocular set of their own.
- **Creativity**: Provide the needed items to build the binoculars and allow our child to brainstorm how to build a bird watching tool of their own.

SPRING TACTILE PROCESSING ACTIVITES:

1. **Spring Tactile Tray**- Gather items from nature or Spring items and place them on a large tray. Add a sensory base such as rice or dry field corn for a Spring sensory bin.

- EXTEND THE ACTIVITY:
- **Fine Motor Skills**: Add tongs to encourage hand strengthening, open thumb web space, and strengthening of the thenar musculature as well as separation of the two sides of the dominant hand.
- **Eye Hand Coordination**: Provide bowls and cups to scoop and pour the materials.
- **Visual Tracking**: Add in a marble run to pour the sensory base and visually track to promote the visual skills needed for tasks such as reading and writing.

2. **Sandpaper Crafts**- Use sandpaper on wood. Either for practice or to create a wood project such as a birdhouse. Other ideas include wooden paint stirrers, cut firewood, or balsa wood. When the project is done, use the sandpaper to practice letter formation and handwriting skills.

- EXTEND THE ACTIVITY:
- **Fine Motor Skills**: Encourage use of the dominant hand and hold the sandpaper with all of the fingers on the back of the paper as the child scrapes it against the wood. This hand positioning encourages strength of the intrinsic muscles of the hands and builds endurance for handwriting.
- **Eye Hand Coordination**: Gently draw lines on a piece of wood and ask the child to sand along the lines until the lines disappear. Add curved and angle lines to further extend this task.
- **Bilateral Coordination**: Show the child how to hold the wood in one hand and the sandpaper in another hand. Encourage the child to hold and use the sandpaper with their dominant hand.
- **Gross Motor Skills**: Take this activity to a larger scale and sand a large piece of wood such as a 2x4 wooden plank. This strengthens the muscles of the arms and core as well as adds proprioceptive input.

3. **Grass Sensory Bin**- Many times, children with tactile sensory concerns are hypersensitive to touching grass with their bare feet. Work on this sensitivity on a small scale by creating a grass sensory bin. Gather fresh grass clippings (or head outside with a pair of scissors to hand-cut the grass--it's a great way to work on scissor skills! Add grass into a large bin or baby pool. Add other high contrast and brightly colored objects such as balls, blocks, small toys, or crafting pom poms. Allow the child to explore the grass with their feet or hands.

- EXTEND THE ACTIVITY:
- **Fine Motor Skills**: Provide tongs, scoops, and tweezers to build fine motor skills. Children can pick up the grass or hidden items while building grasp and strengthen of the hands.
- **Math/Sight Words**: In the grass, hide pieces of paper that contain sight words, vocabulary words, or numbers. Use this sensory bin to work on language or cognitive development.
- **Tactile Discrimination**: Add sticks or long pieces of grass (aka weeds) to the grass sensory bin. Use a bandana to blindfold the child. Allow the child to feel and distinguish between items by size and "feel". Other kids may not tolerate this type of activity. Allow them to wear thin latex (or plastic) gloves.
- **Gross Motor Skills**: Using a baby pool-sized sensory bin, let the child get into the grass bin. Another idea is to use an under-the-bed storage bin for a child-sized sensory bin.

4. **Spring Finger Painting-** Mix up a batch of homemade finger paints using items from the kitchen. Many foods can be colored using liquid watercolors and a small amount of water. Ideas include pudding, flour, corn starch, baking soda, baking powder, sugar, salt, or corn meal. Add various amounts of water for different grades of viscosity.

- EXTEND THE ACTIVITY:
- **Fine Motor Skills:** Encourage finger isolation, whole palm painting, and painting with the thumbs to promote strengthening and dexterity of various muscle groups.
- **Cognition:** Paint sight words, math problems, and practice letter formation with the paints. Use finger prints to create letters.
- **Gross Motor Skills:** Use a large piece of butcher paper or cardboard to incorporate big muscle groups.
- **Bilateral Coordination:** Use both hands to paint while encouraging midline crossing and symmetrical painting. Use techniques from the Brain Gym program to encourage visual motor integration.

SPRING OLFACTORY PROCESSING ACTIVITES:

1. **Scented Painting-** Encourage tolerance of various scents using the paints you created for the above activities. Add extracts and spices to the homemade paints in different amounts.

- EXTEND THE ACTIVITY:
- **Fine Motor Skills:** Use the different scented paints to create scent cards. Use finger print art for dots of scented paint on index cards. Let the paint dry and label the cards for a scented activity that can be used as long as the scent remains.
- **Eye hand Coordination:** Use the scented paints to dot over letters in a word search.
- **Gross Motor Skills:** Using a cardboard box, allow the child to paint inside the box while it is laying on it's side. You will need a box that is large enough for the child to climb into.

2. **Scented Writing-** Go on a flower nature hunt. Gather large leaves, buds, and flowers from various grasses, plants, and bushes. Use a pencil to write on the flower petals and grasses.

- EXTEND THE ACTIVITY:
- **Fine Motor Skills:** Encourage a functional pencil grasp while writing on the flower buds and leaves. The small size promotes improved precision in advancing the pencil. Encourage lines and letters.
- **Visual Spatial Awareness:** Show the child how to draw within veins of the flower, and create art within the small space of the flower petals.
- **Letter Formation:** Children will need to use a light hand to write letters without tearing the petals and leaves. A ball point pen can work for some children.

3. Scent Memory Game- Go on a Spring scent hunt. Try to encourage memories related to the scents. Scents might include buds, freshly cut grass, broken twigs, crushed leaves, etc.

- EXTEND THE ACTIVITY:
- **Visual Perceptual Skills:** Visually scan for items in nature that might have a scent.
- **Core Body Strength and Gross Motor Skills:** Walk over inclines and down small hills in nature. Crawl on the ground.
- **Handwriting:** Keep a scent memory tracker to work on handwriting.

4. Name That Scent- While outside or inside, present different scented items to your child. Ask them to name the scent that they perceive. This activity works well if out in a space with many scents such as a park, fair, or supermarket.

- EXTEND THE ACTIVITY:
- **Motor Planning:** Ask the child to act out the memory when they figure out a scent. Hot dogs might remind them of a baseball game. Cut grass might remind them of a lawnmower.
- **Handwriting:** Using the memories that come with certain scents, create stories and work on handwriting skills.

SPRING AUDITORY PROCESSING ACTIVITES:

1. Spring Sounds Maze- An adult can create a specific sound such as "Bzzz" for bees. The adult should walk around inside the home or outdoors. The child should listen for the sound and follow the sound.

- EXTEND THE ACTIVITY:
- **Motor Planning:** Ask the child to verbalize where they are walking as they hear the sounds.
- **Core Body Strength and Gross Motor Skills:** Create various movement patterns as you move the sound over a surface or under a blanket.
- **Handwriting:** Keep a sound tracker to work on handwriting.

2. Fill Plastic Eggs with Items- Reuse Easter eggs for an auditory processing activity. Fill eggs with items like bells, paper clips, dry beans, and sand. Tape the eggs closed and ask the child to figure out what is inside.

- EXTEND THE ACTIVITY:
- **Fine Motor Skills:** Allow the child to help fill the eggs with the items so they can work on bilateral coordination, tripod grasp, open thumb web space, and intrinsic muscle strengthening. Be sure to use eggs that are all the same color.
- **Gross Motor Skills:** Allow the child to hide the eggs and then go on a sound scavenger hunt. When they find an egg, they can shake it to see if it is the sound they were looking for.

3. Create a Sensory Sound Garden- Using recycled containers, pie pans, and spoons, create an outdoor music station. Materials can be tied to tree branches or placed on the ground.

- EXTEND THE ACTIVITY:
- **Motor Planning:** Play "Simon" with the sounds. An adult can tap or bang one "instrument" in the sound garden and then one by one, add additional sounds. The child should repeat each step of the sound combinations.
- **Gross Motor Skills:** Attach long ribbons or crepe paper to the spoons to encourage big movements of the arms as the child bangs out sounds.

4. Spring Hop (Musical Chairs)- Play musical chairs with a Spring theme by allowing the child to hop from space to space as the music plays. When the music stops, the child should sit.

- EXTEND THE ACTIVITY:
- **Gross Motor Skills:** Add other motor movements to the activity such as skipping, jumping, or walking toe-to-toe.
- **Visual Scanning:** Use different colored pieces of felt squares for the seats. The child needs to sit on one specific color when the music stops.

SPRING ORAL MOTOR PROCESSING ACTIVITES:

1. Blow Bubbles- Encourage strengthening of the facial musculature by blowing bubbles. Enjoy the beautiful Spring air as the bubbles blow away in the breeze.

- EXTEND THE ACTIVITY:
- **Gross Motor Skills:** Chase after bubbles as they blow away. Encourage skipping, hopping, jumping, running, and walking.
- **Visual Scanning:** Follow one bubble as it blows and keep watching it until it pops.
- Bilateral Coordination: Allow the child to hold the bubble container using their non-dominant hand. Place the bottle in a sippy cup with a handle to prevent spills.

2. Straw Painting- Tape several straws together. Add a small amount of liquid dish soap to liquid watercolors. Use the straw to blow into the paints. The bubbles will spill out onto paper and create colored artwork.

- EXTEND THE ACTIVITY:
- **Gross Motor Skills:** Create bubble art on a large scale by using a sheet of butcher paper. Position it on the ground to work on core body strength. Tape it to a wall to encourage overhead reach.
- **Eye Hand Coordination:** On the paper, draw circles of various sizes. Use the straws as you would a bubble wand. Dip the end into the paint/soap solution and blow bubbles onto the circles.
- **Bilateral Coordination:** Use two hands to blow bubbles with the straws.

3. Silly Spring Faces- Show the child how to make silly faces in a mirror. Encourage them to make a lot of mouth movements like opening their mouth very wide, sticking out their tongue very far, or showing all of their teeth.

- EXTEND THE ACTIVITY:
- **Visual Discrimination:** Stand behind the child and do faces along with them. Talk about how your silly faces are alike or different.

4. Blow Seeds- Use different seeds from the yard or from seed packets and blow them across a table surface. Use a straw for more resistance.

- EXTEND THE ACTIVITY:
- **Eye Hand Coordination:** Have a seed race along lines on a table.
- Visual Scanning: Show the child how to watch the seeds as they move farther away from them.
- **Gross Motor Skills:** Take the activity large scale and play on a floor, sidewalk, or driveway.

SPRING FINE MOTOR ACTIVITIES

Use these fine motor ideas in therapy or in-home program development, addressing the needs of each individual as indicated in therapy plans.

- Make a color rainbow- Draw a rainbow on a piece of white paper or cardstock. Cut pieces of yarn and tissue paper in each color. Glue each piece into the correct space.
- Fill a gallon-sized plastic storage bag with clear hair gel or shampoo. Add various colored beads. Seal and tape the bag shut. On the outside of the bag, draw a flower shape with permanent marker. Use fingers to move the colored beads into sections of the flower. Ensure finger isolation and separation of the sides of the hand.
- Make pipe cleaner flowers: Thread beads and cut straw pieces onto pipe cleaners. Bend them into flower shapes or a Spring bracelet.
- Cut fresh or fake flowers into small pieces. Fill a large bin with water and add the flower pieces. Use tongs to pick of the flowers and transfer them to another container.
- Cut butterfly shapes from cardstock. Use craft pom poms, sequins, buttons, and crumbled tissue paper to create a colorful butterfly by gluing each item on. Use squeeze glue to work on hand strength.
- Make flowers using colorful cupcake liners. Cut into the middle, but not the whole way through the liner. Add a center by gluing a circle or craft pom pom. Cut a stem and leaves from green construction paper. Glue all of the pieces to a piece of paper.
- Make a play dough table- Mix homemade or store bought playdough. Add Spring cookie cutters, cut up straw pieces, pipe cleaners, craft sticks, foam shapes, beads, and sequins. Build and construct flowers.
- Open plastic Easter eggs into a foam or Styrofoam egg container. Use tongs to place small items such as craft pom poms into the open eggs. Match by color or number.
- Gather various leaves, spring flowers, petals, etc. Press each into play dough.
- Gather fake flowers (A dollar store is a great place to purchase these.) and a kitchen colander. Place the flower stems into the calendar holes.
- Fold paper squares into shapes. Glue onto a piece of paper to create flowers. Add stems by cutting long strips of green construction paper.
- Create a Spring sensory bin with sand and small garden tools. Plastic sand shovels work nicely, too. Fill small containers with the sand and poke craft sticks into the cups to create a flower garden.

SPRING GROSS MOTOR ACTIVITIES

Use these gross motor ideas in therapy or in-home program development, addressing the needs of each individual as indicated in therapy plans.

- Draw a hopscotch board on a driveway. Toss a flower onto the squares.
- Go on a color scavenger hunt. Seek out each color of the rainbow and bring the colored item back to a central location.
- Create a balance beam using raindrops cut from felt sheets.
- Jump in puddles during a rainstorm.
- Do Spring Yoga:
    - The Downward Dog pose is a downward bunny.
    - The Extended Mountain pose is a flower growing.
    - The Warrior Position is a robin looking for a worm.
    - The Squat Pose is a frog ready to hop.
    - The Standing Side Stretch is a windy Spring day.
    - The Triangle Pose is a tree bending in the breeze.
    - The Cobra Pose is a squirrel stretching.
- Catch a ball in a bucket.
- Bring out the ride-on toys: Pull the bikes, scooters, and tricycles out of storage and make a driveway obstacle course with sidewalk chalk.
- Create a giant tic tac toe board with painter's chalk. Use flowers or plastic Easter eggs to mark each space.
- Play Red Light, Green Light only hop like a bunny.
- Play Twister with a DIY version- Using a dry erase marker, draw on your Twister game mat, making suns on the yellow spaces, flowers on the green spaces, rain drops on the blue spaces, and birds on the red spaces. Then, call out the colors by using the shapes instead. NOTE: Test your marker in an inconspicuous space on your mat first, to make sure the dry erase marker will erase!
- Do the Hokey Pokey with a Spring theme, pretending to be a flower: Put your flower petals in, put your stem in, put your leaves in, put your roots in, etc.
- Do Spring Animal Walks across the room: bunny hops, frog leaps, robin walks, worm crawls, butterfly flutters, squirrel scurries, etc.
- Do Wheelbarrow races across the room to carry (pretend) items to an imaginary garden. Take a step further by carting real items (like pillows) on the back of the person being the "wheelbarrow".

SPRING HANDWRITING PRACTICE PROMPTS

Use these Spring-themed handwriting prompts to practice handwriting skills like letter formation, sizing, spacing, and writing speed, according to the child's individual therapy plans and goals. Use accommodations as indicated by the specific needs of the individual. Lists are a great way to work on handwriting skills, because it's a quick list, it's not overwhelming, and there is an end in sight! Make a required number of items that must be written down, or leave the list open-ended. Require that certain skills like line or letter formation be adhered to. The sky is the limit with handwriting practice lists!

- ☐ Write a Spring Bucket List
- ☐ Animals that come out of hibernation in the Spring
- ☐ Favorite things to do in the Spring
- ☐ Signs of Spring
- ☐ Types of birds
- ☐ Things to plant in a garden
- ☐ Things to clean during Spring Cleaning
- ☐ Things I love to do during Spring Break
- ☐ Kinds of rain gear
- ☐ Creatures that fly
- ☐ Things a bunny can do
- ☐ Types of flowers
- ☐ Things that grow in dirt
- ☐ Ways to play in dirt
- ☐ Baseball teams
- ☐ Best things about April
- ☐ Favorite Foods
- ☐ Favorite sports teams
- ☐ Best April Fools pranks
- ☐ Things that happen on or around Earth Day
- ☐ Things to do in the rain
- ☐ Things to do outside during Spring
- ☐ Colors in the rainbow
- ☐ Animals you see in the Springtime
- ☐ Trees that have blossoms
- ☐ Favorite sports teams
- ☐ Animals that build nests
- ☐ Places to hide Easter Eggs
- ☐ Best things about the weekend
- ☐ Things in the sky
- ☐ Best things about this week
- ☐ My favorite foods to eat this time of year
- ☐ To me, Spring means…
- ☐ Spring A-Z (List one word for each letter of the alphabet, using a Spring theme.)
- ☐ 10 Things I Love About (Spring, Easter, Mother's Day, Spring Break, etc.)

SPRING HANDWRITING PRACTICE PROMPTS

SPRING WRITING LIST

Write a Spring Bucket List.

SPRING WRITING LIST

Write a list of animals that come out of hibernation in the Spring.

SPRING WRITING LIST

Write a list of your favorite things to do in the Spring.

SPRING WRITING LIST

Write a list of types of birds.

SPRING WRITING LIST

Write a list of things to plant in the garden.

SPRING WRITING LIST

Write a list of things to clean during Spring Cleaning.

SPRING WRITING LIST

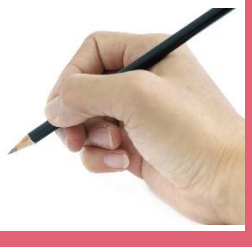
Write a list of things you like to do during Spring Break.

SPRING WRITING LIST

Write a list of different kinds of rain gear.

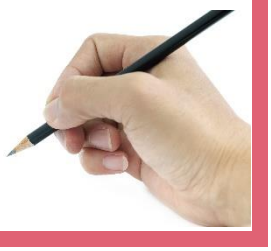
SPRING WRITING LIST

Write a list of things that fly.



SPRING WRITING LIST

Write a list of types of flowers.



SPRING HANDWRITING PRACTICE PROMPTS

SPRING WRITING LIST

Write a list of things that grow in dirt.

SPRING WRITING LIST

Write a list of baseball teams.

SPRING WRITING LIST

Write a list of sports played in the Spring.

SPRING WRITING LIST

Write a list of the best things about April.

SPRING WRITING LIST

Write a list of your favorite foods.

SPRING WRITING LIST

Write a list of your favorite sports teams.

SPRING WRITING LIST

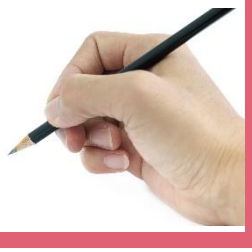
Write a list of the best April Fools pranks.

SPRING WRITING LIST

Write a list of things that happen near Earth Dav.

SPRING WRITING LIST

Write a list of things to do in the rain.



SPRING WRITING LIST

Write a list of things to do outside.

SPRING HANDWRITING PRACTICE PROMPTS

SPRING WRITING LIST

Write a list of the colors of the rainbow.

SPRING WRITING LIST

Write a list of animals you see in the Springtime.

SPRING WRITING LIST

Write a list of trees that have blossoms.

SPRING WRITING LIST

Write a list of the best things about Easter.

SPRING WRITING LIST

Write a list of places to hide Easter Eggs.

SPRING WRITING LIST

Write a list of the best things about this week.

SPRING WRITING LIST

Write a list of favorite things about the weekend.

SPRING WRITING LIST

Write a list of 10 things I love about Spring.

SPRING WRITING LIST

Write a list of 10 things I love about Mother's Day.

SPRING WRITING LIST

Write a list of things that start with each letter of the alphabet.

SPRING THEMED BRAIN BREAKS

SPRING BRAIN BREAK

Hop like a bunny for 1 minute.

SPRING BRAIN BREAK

Do a rain dance for 30 seconds.

SPRING BRAIN BREAK

Hop like a bunny for 1 minute.

SPRING BRAIN BREAK

Hop like a bunny for 1 minute.

SPRING BRAIN BREAK

Pretend to climb a tree.

SPRING BRAIN BREAK

Blow like the Spring wind.

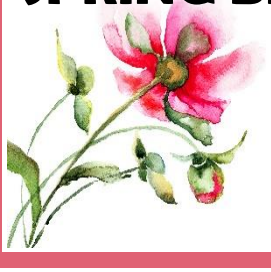
SPRING BRAIN BREAK

Pretend to jump in a muddy puddle.

SPRING BRAIN BREAK

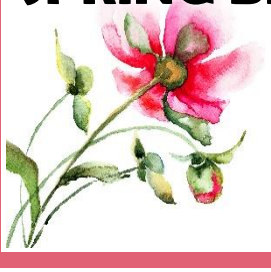
Hop like a frog for 1 minute.

SPRING BRAIN BREAK



Buzz around the room like a bee for 30 seconds.

SPRING BRAIN BREAK



Slooooooowly grow like a flower.

SPRING THEMED BRAIN BREAKS

SPRING BRAIN BREAK

Pretend to pick flowers.

SPRING BRAIN BREAK

Pretend to dig and plant a garden.

SPRING BRAIN BREAK

Flap your wings like a baby bird.

SPRING BRAIN BREAK

Wiggle like a worm and sing the ABCs.

SPRING BRAIN BREAK

Crawl on the floor like a caterpillar.

SPRING BRAIN BREAK

Flutter like a butterfly from flower to flower.

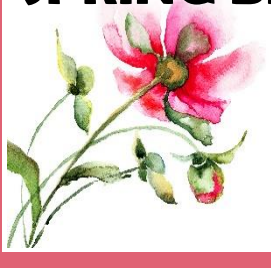
SPRING BRAIN BREAK

Pretend to fly a kite.

SPRING BRAIN BREAK

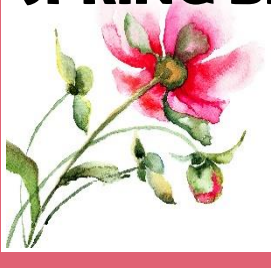
Blow bubbles. Real or pretend!

SPRING BRAIN BREAK



Pretend to be rain falling slowly and fast.

SPRING BRAIN BREAK



Spin like a spinning wheel.

OCCUPATIONAL THERAPY HOME PROGRAM

NAME:_____ **WEEK OF:**_____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITIES:	ACTIVITIES:	ACTIVITIES:	ACTIVITIES:	ACTIVITIES:
COMMENTS:	COMMENTS:	COMMENTS:	COMMENTS:	COMMENTS:
PARENT SIGNATURE:	PARENT SIGNATURE:	PARENT SIGNATURE:	PARENT SIGNATURE:	PARENT SIGNATURE:

NOTES:

CLIENT NAME:

GOALS:

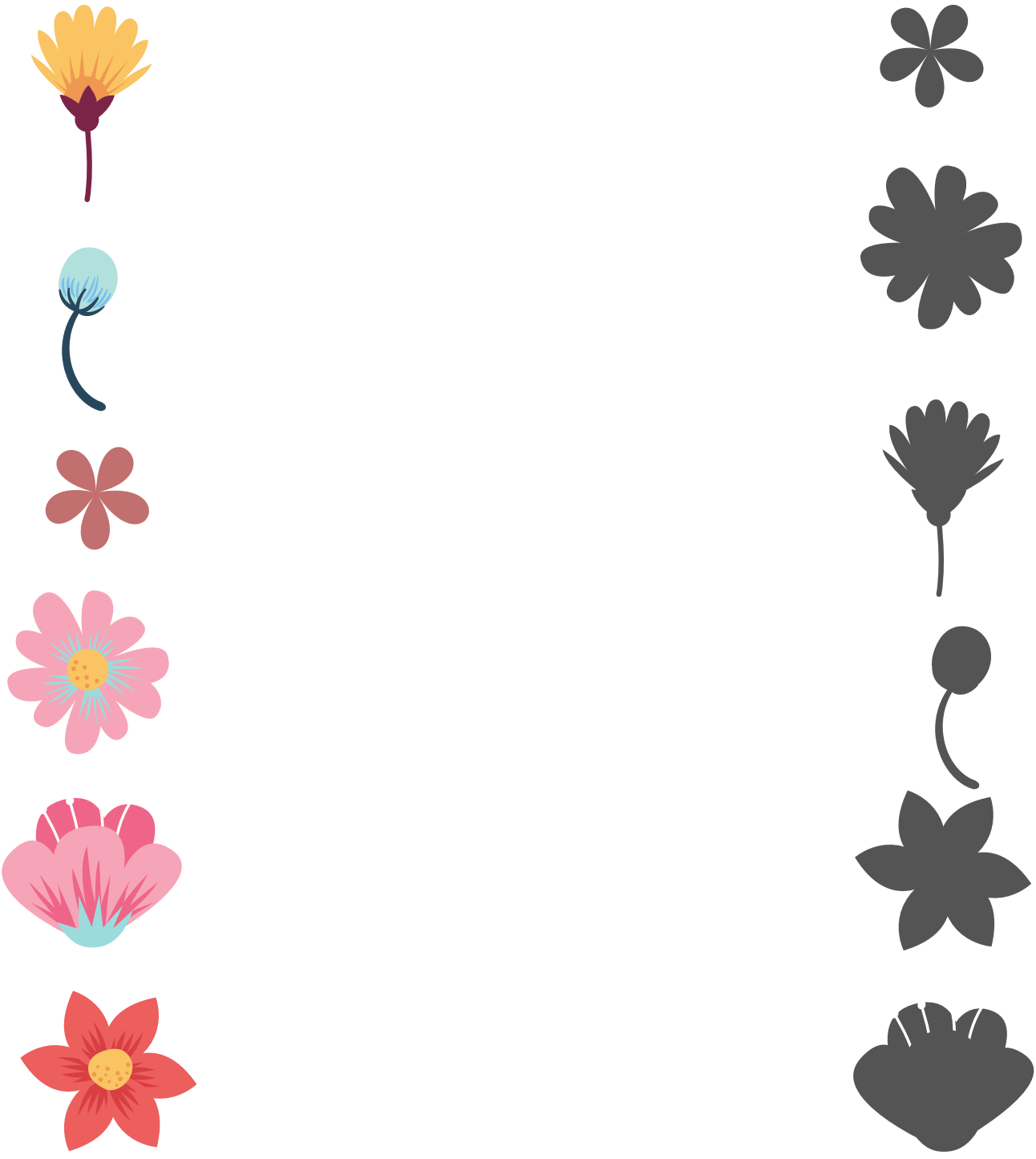
CLIENT INTERESTS:

STRENGTHS:

ADDIATIONAL INFORMATION:

SPRING VISUAL PERCEPTION ACTIVITIES

Connect the image on the left with it's match on the right. Use a pencil, or connect the matches with string, play dough, or other sensory materials.



SPRING VISUAL PERCEPTION ACTIVITIES

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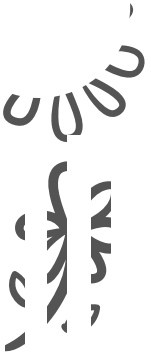
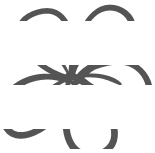
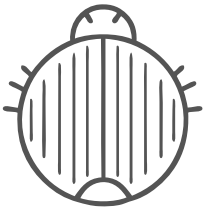
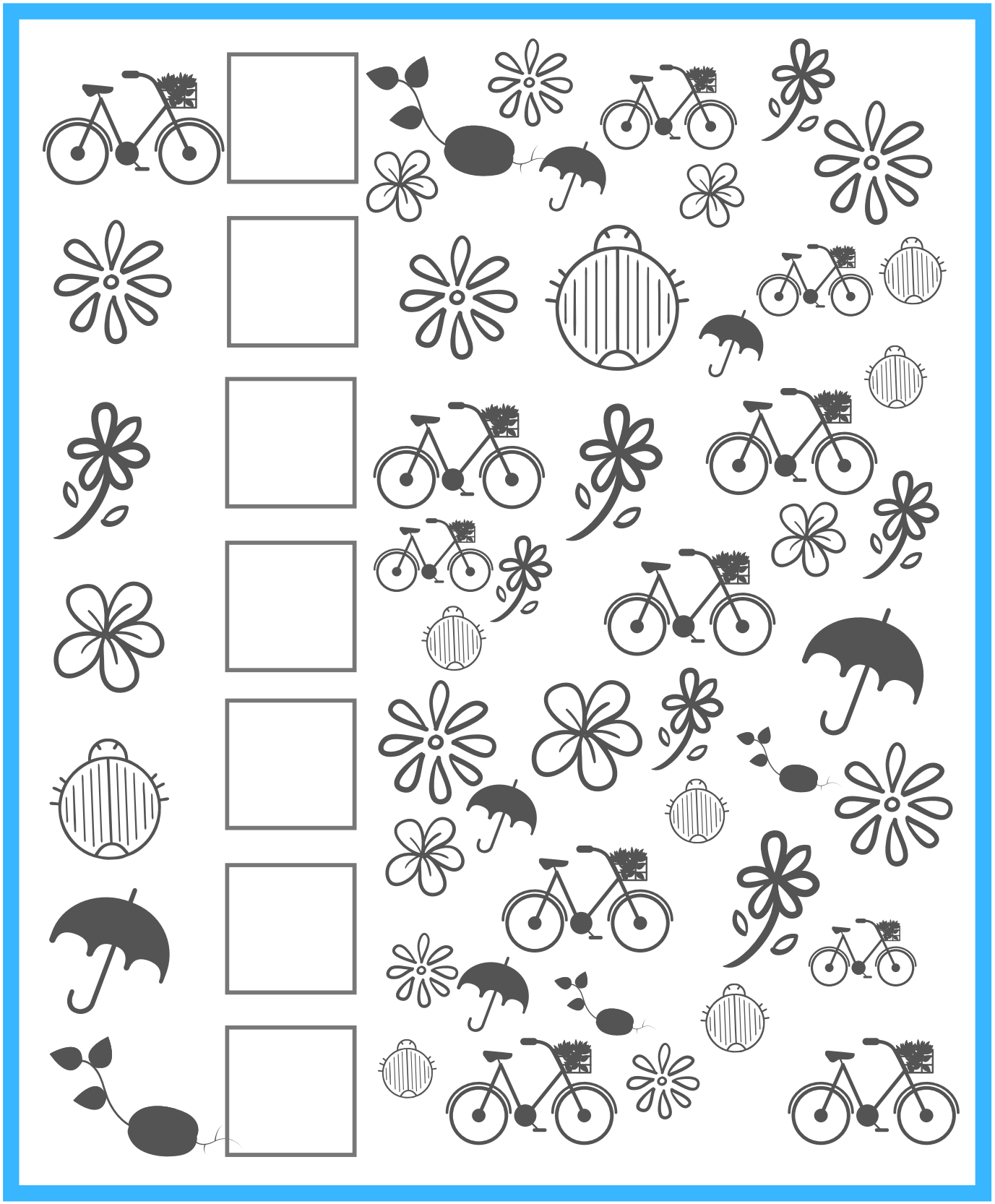






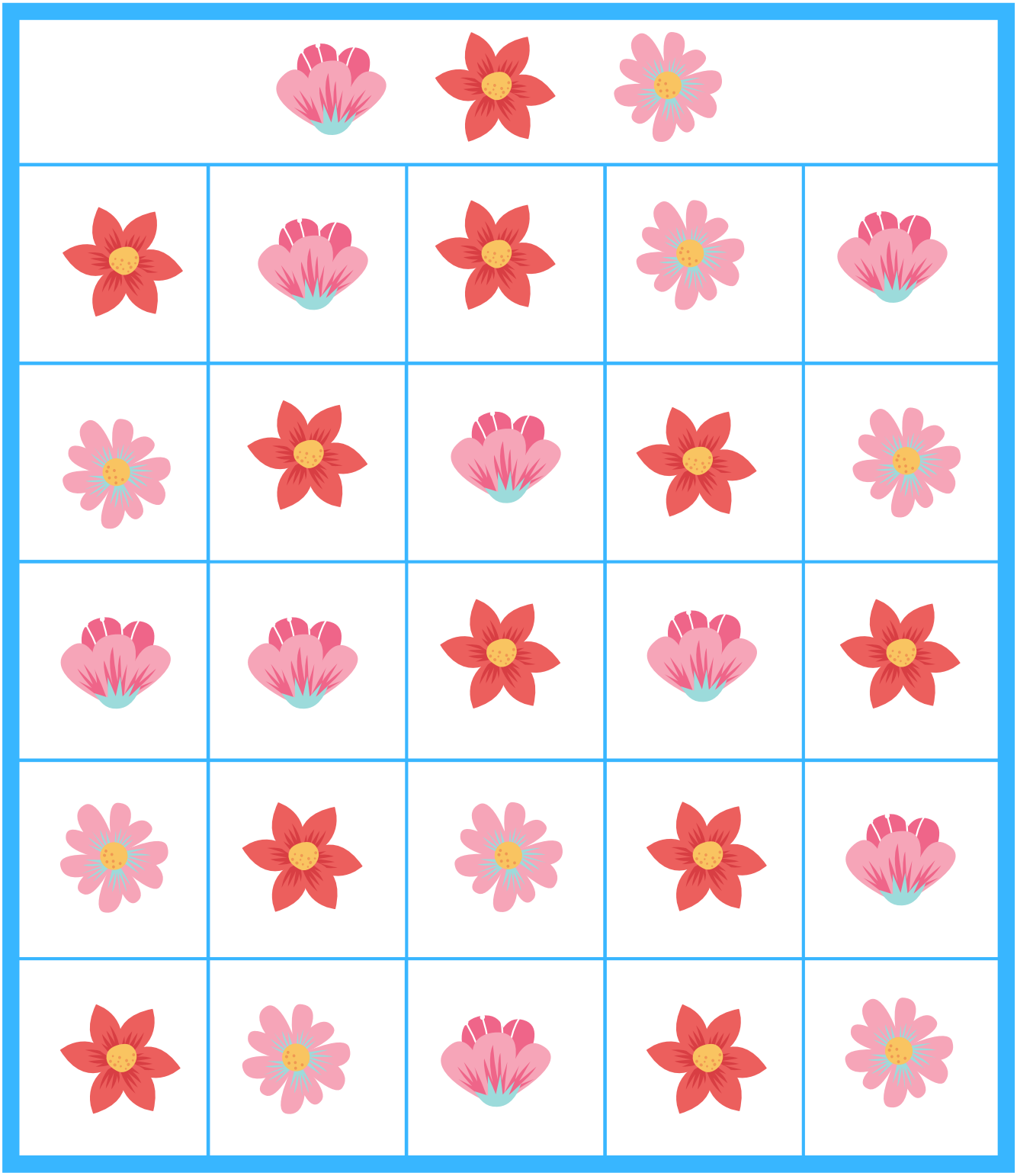
SPRING VISUAL PERCEPTION ACTIVITIES

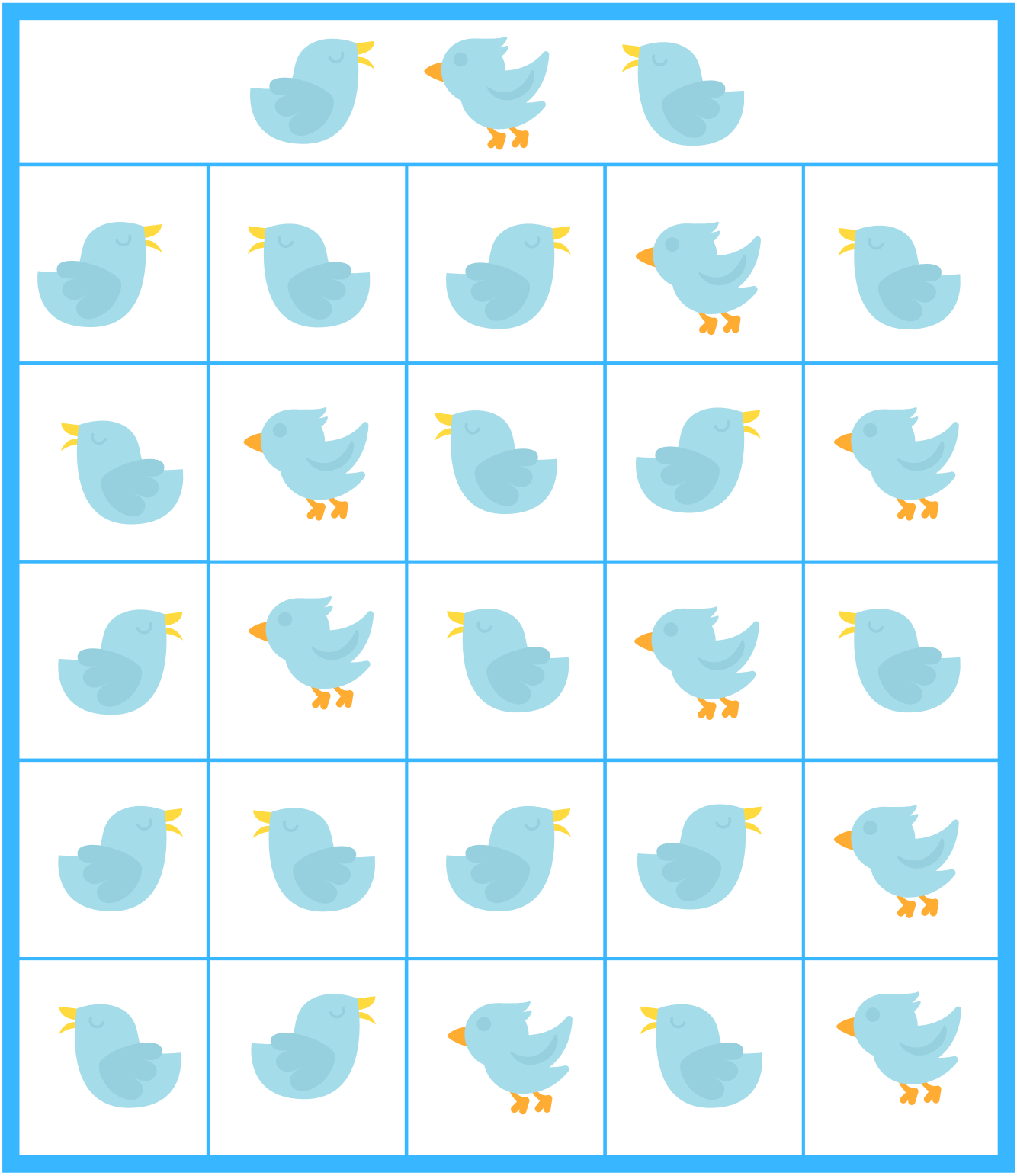
Count the shapes and write how many there are.



SPRING VISUAL PERCEPTION ACTIVITIES

Look at the grid from left to right. Start at the top left square and find the sequence of three flowers and circle them in the grid. The sequence can go over the edge to the next row.



SPRING VISUAL PERCEPTION ACTIVITIES

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