

Elementary School : Occupational Therapy Home Summer program

Sensory:

Sit/bounce on therapy ball

Take a walk with a backpack filled with books

Bike ride

Swinging

Jump on mini trampoline

Jumping jacks

Jump rope

Carry laundry basket

Carry bags of groceries

Activities:

Keep a journal to practice writing – choose a topic and write 3-5 sentences about it

Drawing pictures

Craft activities: Cutting, Gluing, Make a collage, shrink dinks,

Help with a small vegetable or flower garden, in beds or containers

Help with simple baking or cooking activities

Mazes, crosswords, dot to dots, etc. (some examples attached)

Websites:

www.Puzzlemaker.com

www.typingtest.com

www.freetypinggame.net

www.primarygames.com

www.sense-lang.org/typing

Middle School: Home Summer program

Sensory:

Sit/bounce on therapy ball

Take a walk with a backpack filled with books

Bike ride

Swinging

Jump on mini trampoline

Jumping jacks

Jump rope

Carry laundry basket

Carry bags of groceries