

# APPLE THEME ACTIVITIES

**Gross Motor-** Create an apple tree balance beam! All you need is a rolled blanket, some balls or beanbags (rolled up socks work great too!), and a basket. Work on core strength, bilateral coordination, and eye-hand coordination. Incorporate math to count/add/subtract the "apples". Toss the apples onto the tree and then cross the balance beam to gather the apples for a brain break or movement activity. There are so many ways to extend this activity and grade it up or down to make it easier/harder. [Click HERE for this activity.](#)

**Fine Motor-** This apple fine motor activity is a functional task, making it perfect for OT sessions or the home. Use an apple, a child-friendly knife, and a set of tweezers to strengthen those hands! The bonus is an apple snack that is prepared by kids! [Click HERE for this activity.](#)

**Tactile Sensory-** Make salt dough apples using our salt dough recipe. Kids can measure, mix, and mold the ingredients for a tactile sensory experience that has fantastic results. We used miniature versions of salt dough apples as manipulatives in adding/subtracting, and even multiplication arrays. Kids can really work the hand strengthening to roll the salt dough into small balls with an apple-themed sensory experience. [Click HERE for this activity.](#)

**Visual Perception-** Use what you have in the house to make this DIY apple visual perception activity! We used plastic bottle caps and a kitchen sponge but you could use an Amazon cardboard box for the stampers, too. Work on visual perceptual skills like form discrimination, visual spatial relations, and form constancy with fine motor and sensory benefits. This makes a great art project, too! [Click HERE for this activity.](#)

**Apple Brain Breaks-** Print off this free printable for apple themed brain breaks that add movement and proprioceptive/vestibular sensory input. These are great for an apple theme week! [Click HERE for this activity.](#)

**Apple Math-** All you need is sidewalk chalk and dice for this apple math activity that gets the kids outdoors. It's perfect for an outdoor social distance learning activity at school, too! Kids can roll the dice (fine motor work), get down on all fours to draw their apples (gross motor, core strength, shoulder stability), AND work on math facts, adding, subtracting, or multiplication/division. Bonus fine motor work will have the kids coloring in the small apples, too! [Click HERE for this activity.](#)

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**Pre-Writing Activity-** Use the book, Ten Apples Up on Top (or any apple themed book!) for a pre-writing apple-themed activity that the kids will love. This hands-on book activity has the kids building visual motor skills as they form pre-writing lines. [Click HERE for this activity.](#)

**Heavy Work Activity-** Heavy work is calming and adds proprioceptive input to the muscles that allow kids to be more aware of their body's position in space. This baked cotton ball apple activity is SO cool. Did you know you can turn cotton balls into a sensory/fine motor experience that strengthens little hands AND adds sensory benefits? Check it out! [Click HERE for this activity.](#)

**Apple Craft-** This fine motor apple craft doubles as a fine motor and math activity. Use a hole punch to help kids build hand strength as well as dexterity and precision. Count and add the apples onto an apple tree. For added apple-themed work, add a writing component, too. [Click HERE for this activity.](#)

**Executive Functioning Skills-** One of my FAVORITE ways to build executive functioning skills is through cooking. It's such a functional way to work on skills like organization, problem solving, planning, impulse control, working memory, prioritization...and so much more. Use this kid-friendly apple dumpling recipe to make a delicious treat while building essential skills. [Click HERE for this activity.](#)