

# OT THEME: PENGUINS

## Occupational Therapy Activities with a Penguin Theme

### Possible Materials:

Google slide decks (links included below)  
Black construction paper  
White paper

Crayons  
Scissors  
Glue  
Recipe ingredients (see link below)

These penguin theme activities build skills in fine motor, gross motor, pencil grasp, handwriting, math, scissor skills, sensory experiences, and other learning/school tasks. For pictures and descriptions, click the links below.

**Penguin Gross Motor (Penguin Yoga)-** Use these yoga positions to incorporate gross motor skills, coordination, motor planning, balance, heavy work input (proprioception), and changes in positioning (vestibular input). This is a free Google slide deck. [Click here for the penguin yoga activities.](#)

**Penguin Fine Motor Activity (Penguin Craft)-** This penguin craft only requires paper and glue. Use colored paper or use crayons to color your penguin. It's a fine motor folding craft to work on hand strength and precision. [Click here for instructions.](#)

**Penguin Executive Functioning Activity (Make a Penguin Treat)-** Cooking in the kitchen is a powerful way to develop fine motor skills and executive functioning skills. Try making these penguin snacks for a family treat. [Click here for directions.](#)

**Penguin Self-Regulation Activity-** This deep breathing activity can be a coping tool or a sensory strategy to help with self-regulation skills. Included is a free printable deep breathing worksheet. [Click here for directions.](#)

**Penguins Emotions Game-** This free therapy slide deck challenges kids to identify emotions based on facial expressions. It's a great way to work on visual perception, too. [Click here to access the slide deck.](#)

**Penguin Math Activity/Scissor Skills-** This counting/adding/subtracting activity builds eye-hand coordination too. Make and cut out fish from paper and catch them to feed the penguins. [Click here for instructions.](#)