

OT THEME: POLAR BEARS

Occupational Therapy Activities with a Polar Bear Theme

Possible Materials:

White cotton balls

Glue

Black marker

White paper

Scissors

Masking tape

Black play dough

White straws

Flashlight

These polar bear 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.

Polar Bear Deep Breathing Exercise- Print off the free printable and use it to work on deep breathing as a tool for self-regulation, emotional regulation, and/or sensory needs. [Click here to access the printable.](#)

Polar bear math activity/craft activity- This doubles as a polar bear craft with fine motor benefits. Make the polar bear crafts to use as a math manipulative, combining fine motor and math. [Click here for instructions.](#)

Polar bear science- Use play dough and straws for polar bear science. Learn about how polar bears stay warm in the arctic temperatures. [Click here for more information.](#)

Polar Bear Gross Motor Activity- This is an indoor gross motor activity that challenges balance, coordination, strength, and mobility. All you need is some space and masking tape. [Click here for directions.](#)

Polar Bear Craft- Use bubble wrap and paper to create a polar bear craft that doubles as a fine motor and scissor skills activity. [Directions are included in this post.](#)

Polar Bear Sensory Craft- Make homemade puffy paint to make a polar bear craft with tactile sensory benefits. [Click here for directions.](#)