

# 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 Day.



## 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



Sloooooowly 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:**

**ADDITIONAL INFORMATION:**