

Choose 2-3 activities to do with your child

1. Cut a slit/hole in a plastic container with a lid and have student place items into it (i.e. pennies, craft pom-poms, beads, candy etc..) with supervision for small pieces
2. Roll out play dough with a rolling pin using both hands
3. Use cookie cutters or plastic knife to cut play dough (with supervision)
4. String cereal/pasta on a pipe cleaner, yarn or shoe string
5. Choose items around the house and place them on the table, cover with a towel. Uncover for student to look at the items for about 1 min and cover it back up. Ask the student to name as many things as possible that they can remember
6. Ben a straw in half to make "tongs" and pick up waded up pieces of paper, Kleenex etc...
7. Help student peel an orange , then they can eat it
8. Let student "draw" or "write" in shaving cream, pudding or whipped cream on the table or on a cookie sheet
9. Sort toys or any items by color using a cupcake tin, ice cube tray or bowls
10. Place clothespins or clips on the side of a plastic bowl or can
11. Pour water from one cup to another
12. Complete a puzzle
13. Stack blocks as high as you can before they fall
14. Dump dry rice or beans into a container and hide small items for students to retrieve (with supervision for small pieces)
15. Toss a ball back and forth
16. Make a simple Lego design and have student copy yours

17. Snip straws or play dough (with supervision with scissors)

18. Place rubber bands around a clean can with no sharp edges

19. Play memory game with any set of cards

20. Give student stickers and let them remove them and place on paper

21. Print name on piece of paper in large letter and have them trace it with 3 or more different colors

22. Practice cutting lines, squares, circles (with adult supervision for scissors)

23. Hit balloon back and forth

24. Put letters in alphabetical order (magnetic letters, individual letters)

25. Put lotion on arms and legs

26. Blow cotton ball across table back and forth (use mouth, straw or turkey baster)

27. Hide items in play dough for student to find (coins, beads etc..) with supervision

28. Have student put plastic Easter eggs together

29. Bubbles! Have student pop them by poking or clapping

30. Saver various plastic containers (trial size toiletries, condiments etc..) and have student practice opening and closing them

31. Practice buttoning/unbuttoning (use various clothing)

32. Practice zipping/unzipping backpack and putting in /taking out items

33. Have student punch holes in paper using hole punch

34. Practice tying shoes

35. Help fold laundry

36. Sort socks

37. Roll pieces of play dough into tiny balls

38. Animal walks

39. Practice washing /drying hands

40. Trace around a cup, plate, toy, hand

41. Stack cans to make a pyramid (with parent supervision)

42. Toss beanbags, crumbled pieces of paper into box or empty trash can

43. Water plants with a squirt bottle

44. Cut slit in tennis ball...when you squeeze the sides, the "mouth" will open and student can place coins to "feed it". With parent help/supervision

45. Scoop rice or beans from one bowl to another with a spoon

46. Help wash/dry dishes

47. Wipe off table

48. Help Wash windows

49. Help Sweep the floor

50. Pop bubble wrap

51. Finger paint

52. Tear paper into pieces instead of cutting and glue to make a picture

53. Tape a piece of paper or coloring page to the wall and let the student color or write. Working on a vertical surface helps strengthen the hands, arms and shoulders

54. Place cotton balls into empty water bottle and decorate to make a snowman

55. Hook paper clips together

56. Write a letter to a friend or relative

57. Use tweezers or tongs to pick up items and place in a bowl

58. Help with baking/cooking (supervision)

59. Put marshmallows on toothpicks to build something

60. Glue beans to paper to make a picture (parent supervision)

61. Make a "feely" box of different texture. Close eyes and guess what it is

62. Put shaving cream on window or mirror and let student practice name and letters

63. Practice cutting junk mail (with adult supervision)

64. Use socks or paper sacks to make puppets

65. Put away silverware

66. Read a book together and let student turn the pages

67. Let student scribble/draw on piece of paper

68. Play with sponges in a tub of water (squeeze water out of sponges)

69. Move clothes from washer to dryer

70. Help load/unload dishwasher

71. Make a cutting box (place items in box to practice cutting...straws, play dough, mail, cardstock magazines, etc...) to keep them all in one place. (Parent supervision with scissors)

72. Stack pennies/coins as high as they can

73. Stack paper cups into a pyramid

74. Let student play in a box or laundry basket (climb in and out while using words "in" "out" pushing it around the room)

75. Line up coins and buttons and have student turn them over

76. Make letters out of pipe cleaners

77.Help make snack (with supervision) Talk about the steps. (PB&J, toast, pouring a drink etc...)

78.Work on combing own hair, brushing teeth, getting dressed with more independence

79.10 Wall Push-ups

80.Put items in zip lock bag and close it; then open it

81.Play a board game

82.Practice putting on /taking off coat , hat and gloves

83.Help cut out coupons (adult supervision)

84.March around room (touch opposite hand to opposite knee)

85.Practice drawing a person on paper

86.Help write grocery list