

WINTER BREAK SENSORY MOTOR ACTIVITIES: Home based activities for when your child is discharged from school based therapy.

GROSS MOTOR:

- Pillow case races
- Indoor ice skating – turn your paper plates or empty shoe boxes into ice skates; turn on some classical music and let your kids skate away
- Obstacle course – using furniture, blankets pool noodles, over sized pillows
- Outdoor activities – making snow men, snow ball fights, sleigh riding

FINE MOTOR:

- Shaving cream on baking sheets – writing words, shapes, drawing pictures of the family. If your child doesn't like getting their hands "messy" use an ice cream popsicle stick or a paint brush
- Indoor plant garden
- Beading activity using pasta shapes/popcorn
- Make a family mural using an old sheet; use paints/dot markers; using hands/feet to make designs

SENSORY:

- Sleigh rides
- Hide little plastic dinosaurs or toys in water and freeze. Your child could chip away the ice (with a spoon) to find them.
- Create a rice/bean bin- hide pine cones, stones or any small toys and let your child search for them
- Homemade Play Dough

SPEECH:

- Karaoke night
- Start a family tradition!!! Make a family music video using your smart phone