

June OT/PT Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Hold a table position for 10 seconds. Try to balance your stuffed animal on your belly.	2. Mold and roll playdoh into balls using the palms of both the hands.	3. Kick a ball to knock down cups or a tower 5 times.	4 Use an eye dropper to pick up colored water to make designs on paper.	5. Do a Freeze dance!	6. Run, hop and skip around your house or back and forth in your yard, alternating between fast and slow
7. Play outside	8. Play a fine motor game such as Lite Brite, peg board or Etch-a-Sketch	9. Practice walking up the stairs placing one foot on each stair. Have a parent close by for safety.	10. String beads or pasta with yarn.	11. Pretend you are a frog and practice jumping from lily pad (pillow) to lily pad	12. Catch bubbles by trapping them with arms or poking them with a pointer finger.	13. Roll up towels the long way to make a balance beam. Try to walk across it
14. Paint the side of your house with a brush and water.	15. Toss a scarf up in the air and try to catch it 5 times	16. Cut out lines and circles on construction paper	17. Wheel barrow walk 10'	18. Tape a large paper to a vertical surface to draw on	19. Happy Summer!! .	20.