



# April 8, 2020

1. [Click here to watch Jessica's Circle Time](#)

2. **Choose an activity to do with your child**

- [Click here to move your body and dance](#)

You can dance with your child and be playful. This song is great for motor imitation, following directions and being silly together. Laurie Berkner: The Goldfish Song (Let's Go Swimming)

### - Set Up the Pretend Play Scene

1. Print out the alphabet fish you need for the activity. You can print them on card stock for added durability.
2. Cut out the fish and put a small paper clip on each one.
3. Get a stick from a tree and tie a piece of yarn to it. Make sure you don't make it too long or it will be hard for your child to control.
4. Hot glue a magnet to the end of the yarn.
5. Lay the blue table cloth on the floor (if want) and place the laundry basket in the middle of it. Then spread the fish around the basket.



\*Make sure you supervise children very closely while playing with the fishing pole as the magnet could be very dangerous if removed and swallowed. You can hot glue it on to the yarn and then hot glued on top of that, so it was very secure. I still did not let my kids play it unless I was right there next to them.

### - I Spy Bottle:

Fill a plastic bottle with sand. Drop ocean items or any familiar items into it. When the children turn the bottle around, encourage them to name the items they see.



## Kelli's OT Corner!

In looking at the 'Under the Sea' theme this week, I was imagining playing and getting messy with your beautiful children. I realize how challenging it can be to be cooped up at home. Here are some fun ideas of beach themed activities to improve fine motor skills and improve self regulation:

### Sensory Activities:

-take all the cushions off the couch, and jump from beach rock to beach rock without falling in the ocean. Pillow fights are, also, a great way to regulate when it's raining outside.

-Recipe for bath tub paint: <https://www.food.com/recipe/kids-bathtub-paints-66418>

-Recipe for ocean slime: <https://www.pinterest.com/pin/45458277467618934/>

### Fine Motor activities:

- 'Bubbles in the Ocean'- have kids paint an egg carton blue, then place cotton balls into the egg carton with kitchen tongs <https://www.teachstarter.com/au/blog/10-tried-tested-fine-motor-activities/>

-turn the egg carton upside down and have kids stretch rubber bands around it

-place one cheerio in each section of an egg carton for snack time. Children can use their fine pincer grasp (index finger and thumb) to pick up the cheerios one at a time.