

APRIL OT ACTIVITIES

For explanations of these activities and why these activities help build important skills, visit: <https://www.theottoolbox.com/?s=spring>

Flower Wall Push-Ups	Cut Spring grass from paper	April showers! Make a water sensory bin	Make a balance beam with flowers	Cut eggs from paper. Decorate them.	Plastic egg memory game	"I Spy" Look for signs of Spring
Farm yard animal walks	Write a list of things to do in Spring	Draw sidewalk chalk flowers	Rainbow craft- cut strips of paper to build a rainbow	Go on a bug hunt	Jump in puddles (real or make believe)	Bunny hops
Make a Spring trail mix	Play leap frog	Spring theme Simon Says	Sidewalk hopscotch (with lily pads!)	Be an inchworm and crawl on the floor	Pick flowers- make a flower petal collage	Trace cookie cutters with crayons to build flowers
Spring themed Yoga	Frog hops!	Crumbled paper flower craft	Watered down washable paints to paint the window	Jump rope and chalk obstacle course	Butterfly paper plate craft	Plant seeds
Robin fine motor craft	Build a bug house	Write favorite things to do outside				

Happy Occupational Therapy Month!

NOTES:

WWW.THEOTTOOLBOX.COM

More play and tools to help kids thrive:

Color	Pinch clothespins	Puzzles	Nature walks	Color eggs
Stickers	Board games	Paint	Building blocks	Plan a garden
Tic Tac Toe	Obstacle course	Playdough	Draw with chalk	Watch birds
Books and crafts	Animal walks	Jumping jacks	Hot potato	Draw pictures