

CELEBRATING OT MONTH!!!

Let's Make Birthday Cake Popcorn!

Why is this so "OT—Tastic"?!

Squeezing the bottles works to increase hand and grip strength as well as encourage use of two hands together to complete a task. Have your child pick up marshmallows one at a time with chopsticks, tweezers, or practice stabbing with a fork to work their fine motor skills. Instead of shaking sprinkles onto the popcorn, place some in a bowl and have your child pinch some and sprinkle over top to work on their ability to use "pinchy fingers". If you want to work on touch and messy textures, let the child use their hands to mix up the popcorn throughout the activity.



Ingredients:

- Popcorn (popped per directions on the bag)
 - Milk and white chocolate candy melts
 - Mini marshmallows
 - Rainbow sprinkles

Directions:

1. Separate unpopped kernels from popcorn (the chocolate can make the kernels stick to the popcorn)
2. Melt white and milk chocolate separately as directed on package
3. Fill squeeze bottles with melted chocolate (you could also put in a baggie and cut the corner off if you don't have bottles)
4. Add marshmallows to the popcorn and mix it up
5. Squeeze melted chocolates over the popcorn, stopping periodically to shake popcorn around to coat evenly
6. Shake on sprinkles
7. Let it sit until the popcorn hardens
8. ENJOY!