

Summer
FUN!



During the summer months, it's important to keep kiddos learning, exploring, and having fun! Sometimes, that means having to get creative in coming up with ways to stay busy during the days of summer. In this post, you will find 3 activities to not only keep busy this summer, but also opportunities for your child to continue growing and developing in their skills.

1. Frozen Treasure Find

- In a large container (an empty bucket works great!), throw in random items you find throughout your home to act as the “treasures”. These can include craft pompoms, foam shapes, plastic action figures, toy necklaces, bouncy balls, etc.
- Next fill the container to the top with water and place in your freezer.
- Once frozen solid, remove from container.
- Provide your kids with squirt bottles filled with warm or room temperature water that can melt the ice, and spoons or other tools in your home that may help them release the treasures from the ice.

Why is this OT approved?

Hand Strengthening. Using squirt bottles is a fun way to increase your child's hand strength

Fine Motor Coordination. Using spoons and other household tools challenges your child to hold the items with an age-appropriate grasp and use their arms and hands to scoop away the melting ice.

Sensory Experience. Along with the alerting temperature of the cool ice vs warm water, your child can feel the textures of treasures hidden within the ice.

Bilateral Hand Use. Your child will have to use both hands to stabilize the ice while they are digging through it. Use of 2 hands is important for many fine motor activities!



2. Bubble Wrap Stomp Art

- Collect materials: large roll of paper, washable paint, and bubble wrap
 - Lay out paper on ground (outdoors preferred).
 - Have your child squeeze paint onto the paper—encourage him/her to get creative with mix of colors and design.
 - Lay a piece of bubble wrap over the paint.
 - Have your child jump and land on top of the bubble wrap.
- Remove the bubble wrap to see what happened to the paint below!

Why is this OT approved?

Deep Pressure. Jumping onto the painting provides deep pressure through the joints of your child's legs, which increases their body awareness

Auditory. The pop of the bubble wrap allows him/her to experience creating an exciting noise with their feet

Tactile. Your child will get to feel the texture of the bubble wrap, as well as experience messy play if any paint sprays onto their hands or feet.

3. Outdoor Obstacle Course

Using items in your backyard, create an obstacle course for your child. These items can include a sliding board, hula hoops, tunnels, jump rope, or any other toys you can find!

Why is this OT approved?

Strengthening and Balance. Challenging your child with climbing, hopping, crawling, etc. through the course will allow them to improve upon their strength and balance.

Motor Planning. In order to complete the course, your child will have to make a mental plan of how they will use their body for each obstacle and carry out those plans, which is important for being able to safely navigate their environment!



Sensory. An obstacle course allows for vestibular input (running, crawling, and sliding allows your child to move through many different planes), and proprioceptive input (allowing for deep pressure through the joints), both of which allows for increased body awareness.