

• Occupational Therapy Activities
Week of May 26-May 29

Oral Motor Activities

Pretend to be a frog!
(please see video attached)

1. Gather some light weight cereal or small pieces of paper
2. Use a straw to suck in air just above the cereal
3. The cereal/ paper will stick to the straw
4. Transfer the cereal/ paper to a waiting container

Fine Motor Practice

Use the cereal now to practice your fine motor skills.

1. Pick up cereal one at a time and squirrel it in your hand
2. Hold a small container in one hand (with small hole if possible) and slowly place cereal one at a time into the container (switch hands)
3. Time yourself to see how fast you can do it.

Gross Motor Fun

Practice your frog jump

1. Print out the fun frog faces, or simply cut out frog face shapes from construction paper
2. Have your child practice their frog jump on the soft grass
3. Have them try frog jumping from one frog to the next
4. Now practice your jumping with two feet
5. Have your child jump from one frog face to another with two feet(placed close)
6. spread the distance to challenge a longer jump
7. Now have your child jump over the frog faces
8. Have your child practice balancing on each foot on frog



Visual Motor Practice

Make a frog craft (video sent with demonstration)

1. Print out the frog template onto cardstock, construction paper or regular paper.
2. Have your child color the frog if on regular paper
3. Have child color in circles with a **circular motion**
4. Have your child cut out project. (first parents cut out each portion to simplify cutting)
5. Glue together project
6. Cut along a reg piece of paper, curl paper and glue as tongue



complete the assignment sent this week!

