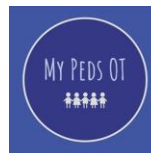


# My Peds OT June 2020

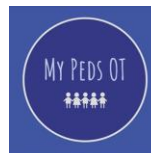
## Sensory/Sensorimotor Challenge #mypedsotSC

Sunday Taste	Monday Hearing	Tuesday Touch/Tactile	Wednesday Vision/Visual	Thursday Vestibular/Balance	Friday Proprioception	Saturday Smell
	1 Classical music ocean breathing/stretching	2 Blowing & Popping bubbles	3 Ocean Sensory bag Color Pompoms /Letter Categories	4 Follow the Ocean waves game	5 Make it to Sand Castle obstacle course at home	6 Smells of the ocean: coconut, salt water, sunscreen.
7 Make beach picnic with fruits, sandwich, celery/carrots with hummus & cookies	8 DIY Toy shakers & Play with instruments	9 Make a Sensation Book	10 Hand Emojis game	11 Roll the Dice Balance Game!	12 Playing catch while naming different summer words for each letter of the alphabet	13 Find the Scent Matching game
14 Cut food for dino using plastic fork + knife make him a dino "chocolate dirt cup" with gummy worms	15 Sound of different sports/ songs baseball with hand signs	16 Fingerpaint a picture of you & dad to give him for Father's Day	17 Balloon Tennis	18 Race Cars: Red light green light Activity	19 Body/Upside down ball bowling game	20 Bake cookies with dad be sure to smell the kitchen as its baking in the oven
21 Taste 3 of dad's favorite foods for Father's Day	22 Freeze dance activity	23 Make a sensory bin with rice & beans and hid their favorite small toys.	24 Color Match Mat using hands	25 Hopscotch Activity	26 Kids Yoga Practice	27 Plant a flower/herb activity, when it grows smell flower/herb grown.
28 Food Tasting Activity- Crunchy or Soft?	29 Simon Says activity	30 Make Slime or DIY Playdoh				



## **Supplies You'll Need For June's Activities:**

- Classical & Happy Music
- Bubbles or DIY with water, dish soap, sock, & water bottle
- Ziploc Bags
- Pompoms or plastic letters
- Hair gel or Baby oil
- Blue food coloring
- BluePainter's Tape & Scotch gray tape
- Beach Ball/Ball
- Pillows
- Coconut scented cream/oil/candle
- Saltwater cream/candle/ soap
- Sunscreen
- Fruits (watermelon, strawberry, pineapple, orange), PB& J or ham/turkey sandwich, celery/carrots with hummus/ranch & cookies
- Toilet Paper rolls
- At least two medium sized plastic bottle caps
- Rice, beans, coffee, coins, paperclips, beads
- Velcro/tinfoil/bubblewrap/felt/sandpaper/cotton/plasticfolder/beans/rice/pasta/ cotton
- Hot glue gun
- Highlighters/Paint
- Crayons/Pencil/Markers/Chalk
- Balloon
- Dice
- Balance Disc
- Shaving Cream
- Cornstarch
- Ruler/Craft stick
- Paper Plates
- Scissors
- Glue
- Fingerpaint
- Chocolate pudding, oreos, gummy worms
- Water bottles
- Cookie mix and pan
- Rice & beans and small toys
- Seeds,soil, and pot, water
- Crunchy/Soft foods
- Slime ingredients: (Elmer's glue, contact saline solution, and baking soda)
- Playdoh ingredients: (flour, salt, water, lemon juice, vegetable oil, food coloring)



# June 1 – Breathing Images

## BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

## TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

## BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

## SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

## ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

## BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

## TAKE 5 BREATHING



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

## BUMBLEBEE BREATHING



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

# June 1 –Stretching Images



## Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



## Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



## Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



## Pretend to be a butterfly

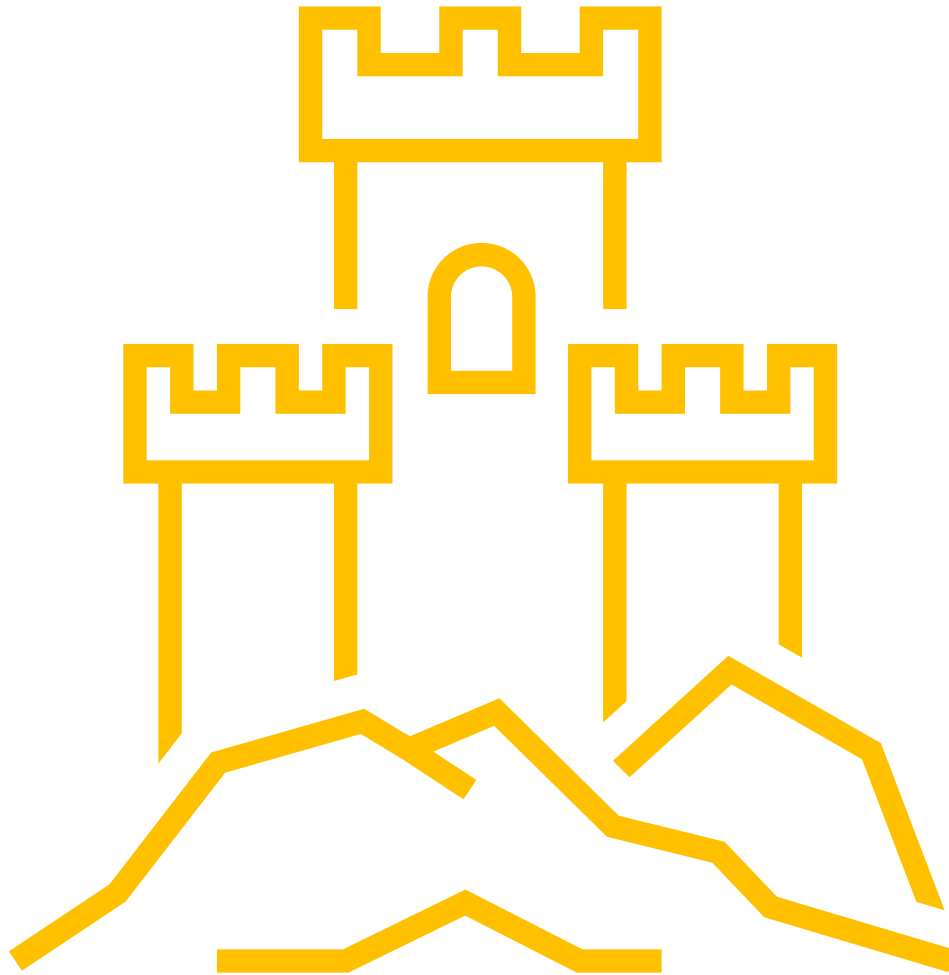
Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



## Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

# June 5 – Sand Castle



# June 9 – Sensations Book



# June 10- Emoji Pattern Designs

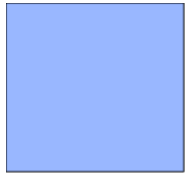
## Right Hand:



## Left Hand:



## June 11- Roll the Dice Game:



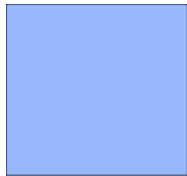
Perform 10 Jumping Jacks



Complete 5 Supermans for 5 seconds



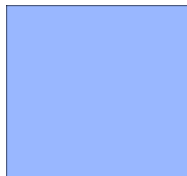
Stand on 1 foot for as long as you can then switch feet



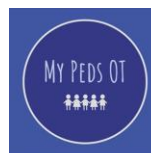
Hold Plank for 15-30 seconds



Jump using both feet 10 times

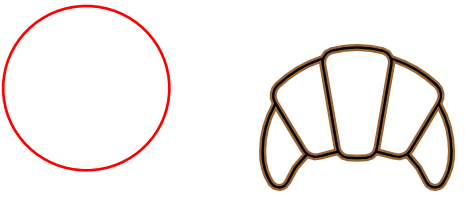
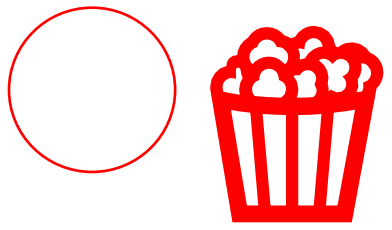
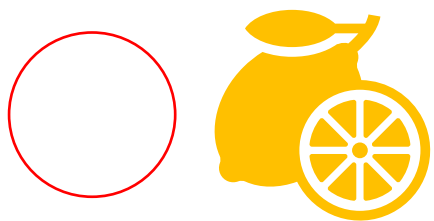
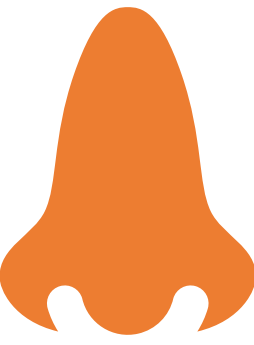
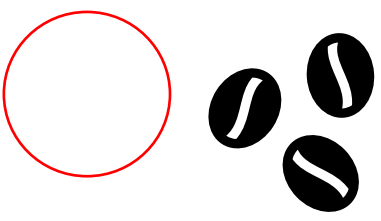
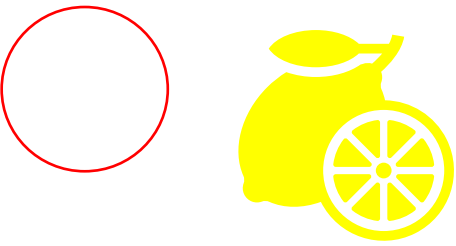


Decide which one you want to do

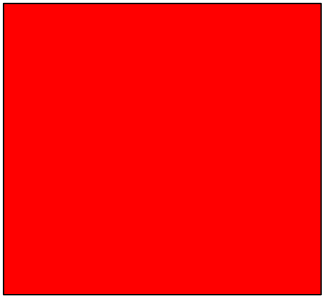
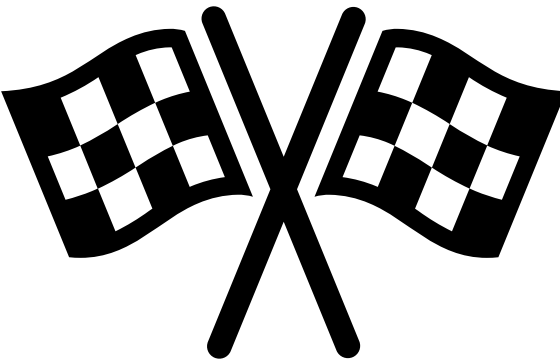


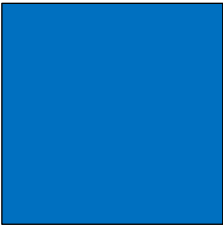


# June 13- What's the Scent?

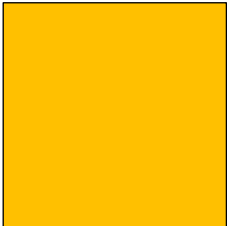
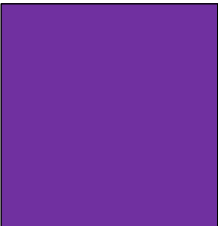
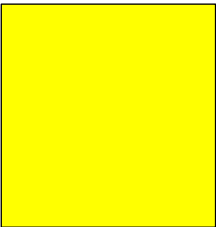
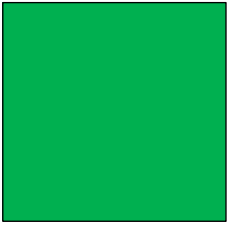
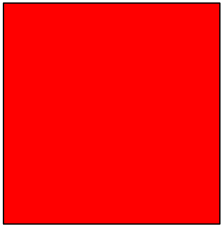


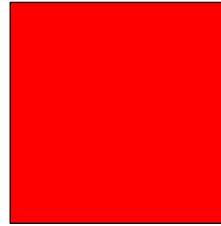
June 18- Race Car, Red Light & Green Light



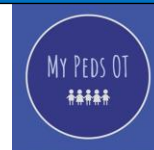
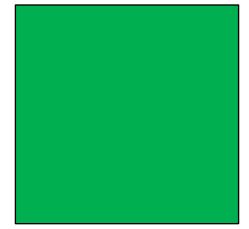
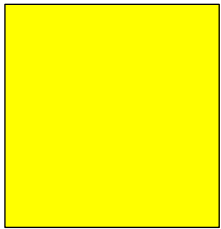


June 24- Color Match Hand game (challenge):

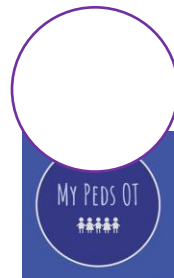
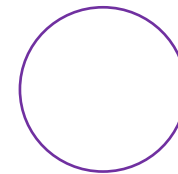
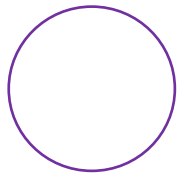
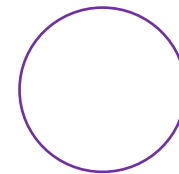
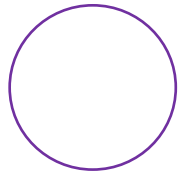
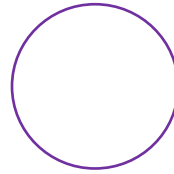




June 24- Color Match Hand game (basic):



# June 28- Foods that are Crunchy to wake me up:



## June 28- Foods that are Soft/Easy to Eat:

