

Summertime Fun with Kids

Contributing Therapists: Jessica Dungan, M.S., OTR/L

As summer approaches, you and your child may have extra free time on your hands. Many of your summer activities can encourage and promote the continued development of fine motor skills, handwriting and self-regulation. Here are some fun ways to incorporate continued learning while still making summer a fun time for the whole family.

Summertime Fine Motor Activities

Fine Motor Activities:

- Using tweezers (preferably small plastic ones), pick up small objects and place in a container. Then place stone/pebble/marble in palm of hand and repeat exercise like this.
- Crumple up very small pieces of paper only using first 3 fingers and then flick them as far as possible..
- Get out in the garden and dig! With your hands or a shovel-strengthen, strengthen!
- Practice cutting different textures such as play dough or corrugated cardboard.
- Play 52 card pick up or pick up small objects using a pincer grasp.
- Play tug-of-war with full arms and just with fingers and a shoelace.
- **Self-drying clay** and **homemade dough** encourage finger strength. Make pinch pots, roll snakes, and use cookie cutters to make all sorts of shapes.
- Cut pictures from magazines and old greeting cards gives more practice with scissors, and glue the pieces to make new designs.
- Dig in the soil, pull weeds, and pick up small seeds.
- String lacing cards, make paper plate dream catchers, and sew with a large needle on felt using finger tips. Make your own lacing card patterns using a hole punch on cardstock, and that activity further strengthens hands.
- Make mosaics from dried beans, small balls of tissue paper, pasta, buttons, or small paper shapes provide fun challenges for fingers.
- Fish out the proper key on the key ring and unlock the door.
- Old favorites like *Legos*, picture puzzles, sticker books, *Pick-up-sticks*, *Jenga*, *Trouble*, *Perfection*, *Cooties*, and *Operation* are fun and require fine motor skills.
- What could be more fun than measuring ingredients, mixing cookie dough, kneading pizza dough, or eating with children's chopsticks?

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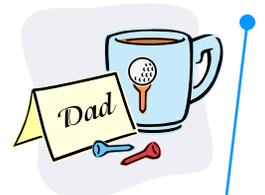
Summertime sensory input

Keeping up with your child's handwriting/typing skills over the summer



News & Reminders:

All of us at K.I.D.S. Therapy wish every dad a very happy **Father's Day!**



Summer Activities that Incorporate Sensory Input

Summer can be a very fun time, but unpredictable as well. Regularly scheduled doses of sensory input can help with overall regulation, postural strength, coordination, and even fine motor skills! Here are some suggestions:

Sensory Activities:

- Bury items in the sand at the beach or the park and encourage your child to dig for buried treasure
- Make a sensory table. Fill a large shallow container with water and add items of different textures (ex: rice, beans, noodles, sand etc.) and allow your child to explore with cups and other utensils.
- Practice jumping over the waves while at the beach.
- Take turns burying parts of your body (arms, hands, feet, legs, etc.) in the sand or make sand angels.
- Paint your body with shaving cream, water based paint, pudding, whipped cream and have a water balloon fight or play in the sprinklers to clean up.

Keeping Up with Handwriting and Keyboarding Skills

There are many opportunities to work on OT areas during the summer break, so don't forget to work on handwriting during the summer season. Whether your child is working on simple letters, their name, manuscript or cursive, and keyboarding; reinforce what they have been learning in school and OT.

- **Develop a family calendar:** Hang a large calendar on the wall. Encourage your child to fill the calendar in as you dictate the activities.
- **Help your child to make greeting cards:** Make greeting cards for special occasions. Parallel the activity with your child if necessary.
- **Write thank-you notes:** When your child receives gifts, encourage him to write a thank-you note. Model if necessary.
- **Note writing when making requests:** When your child has a special request, have him make it to you in writing.
- **Make a grocery list before shopping:** Encourage your child to participate in making the grocery list. Model or dictate the list to your child.
- **Make a list of items needed for a vacation:** Before packing for a vacation, have your child write a list of what items are necessary to take.
- **Write movie summaries:** After going to see a movie, have your child write a brief summary of the movie (beginning, middle, and end).
- **Keep a travel journal:** When on vacation, have your child keep a journal or diary about the day's events, people met, sites seen, etc.
- **Make a summer scrapbook:** Buy a scrapbook at the start of the summer. Plan to keep memorabilia from summer events and practice gluing them into the scrapbook. You can also work on cutting skills by cutting out background shapes to decorate your memorabilia. Record memories by having your child write 2 to 3 sentences about each event at the bottom of the scrapbook page. Glue handwriting paper on the scrapbook page if necessary to assist your child with spatial organization when writing.
- **Ask your child to make a list of favorite TV shows:** Have your child write down the day, time and channel for each TV show.

Enjoy the Summer!

The KIDS Therapy clinic will be **closed on July 4th** in observance of Independence Day, but we **will return for business on July 7th**!



Take a look at these websites and blogs to find educational, summer activities!

<http://www.pinterest.com/allyrachel/summer-fun/>

<http://www.growingajeweledrose.com/search/label/Summer%20activities?max-results=10>

<http://www.friendshipcircle.org/blog/2013/05/14/10-activities-for-practicing-life-skills-this-summer/>



K.I.D.S. KIDS
INTEGRATING
DEVELOPING
SUCCEEDING
THERAPY ASSOCIATES, INC.

Website:
www.kidstherapyassociates.com

Address:
11838 Bernardo Plaza Court,
Suite 110,
San Diego, CA 92128

Telephone
858-673-KIDS (5437)