



# OT / PT Home Suggestions September 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Labor Day 1	Play at a park 2	First Day of School! Carry your back pack by yourself 3	Pick out your clothes and lay them out for spirit day 4	Get dressed yourself 5	Practice opening containers, zip loc bags, bottles or milk containers that will be in your lunch or snack 6
Practice soccer, football or go to a park 7	Find a place to store your best work! (Binders or folders for each child work well) 8	Swing on a swing 9	Walk on a curb forward, sideways and backward 10	Write your name on your homework without being reminded 11	Tell your parents 3 different things you did at school today 12	Ride your bike; put your helmet on yourself 13
Cut your breakfast or spread butter or cream cheese on your bagel or toast 14	Water the flowers 15	Draw a person with as many body parts or details as you can 16	Put your dirty laundry in a pile; help sort clean laundry by the person it belongs to 17	Make sure your backpack has what you need for school in it 18	Greet someone you just met this year by saying hello first 19	Play a card game or sort by color or suit 20
Button, snap, zipper 21	Do 10 sit ups before your homework 22	Practice skipping; step hop, step hop, alternating 23	Climb up a ladder, slide with supervision at a playground 24	Practice jumping jacks, apart together, apart, together 25	Watch a movie on the floor, on your tummy, propped up on elbows...rest as you need 26	Practice eating small items with kids chopsticks 27
Think of something to share in class or your journal about your weekend 28	Say the alphabet while jumping up and down, in place (one jump per letter) 29	Look through a magazine for Halloween Costume ideas while kneeling at your coffee table 30				