



## Raindrop, Plop

Occupational Therapy ideas for the week of April 4/6/20

### Fine Motor and Hand Strengthening

- Use a turkey baster or medicine dropper to transfer rainwater (blue dyed water) to an ice tray.
- Use tongs, clothes pin or chip clip to pick up rain drops ( marbles or blue pom poms) and put them on a rain cloud. (Use white paper to make a cloud.
- Use a glue bottle to put a single drop of glue on blue paper to make it look like raindrops. Can make it more difficult by making them put glue on target or lines.

### Visual motor Tasks

- Cloud writing: Using shaving cream to work on forming lines, shapes and letters.



- Umbrella craft:

Supplies you will need: paper plate, paper, crayons/markers and glue.

Have students cut on a ½ line to cut the plate half, higher level students can also cut out the umbrella handle. Then have students decorate the umbrella any way they want. Then practice using a glue stick or bottle of glue to put the umbrella together.



- Raindrop Painting:

Supplies: Blue paint, Paper, an empty toilet paper roll and paper plate To hold paint. Bend the toilet paper roll into the shape of a raindrop And let your child dip in paint and place on paper.

Sensory Play:

- Mud and dirt make great mediums to play in. After a rain, float boats in mud puddles, create a mud castle surrounded by a moat. Haul dirt

in trucks and drive cars on roads. Use other items such as sticks, rocks, leaves, acorns, pinecones, and flowers to mix in with your mud. This type of play stimulates your child's imagination, offers wonderful sensory experiences and an appreciation for nature. If it hasn't rained in a while, get out the hose and make your own mud anytime!!

### Self-Help:

- In the story the girl dresses herself after taking a bath. After your child's bath time, encourage them to put on their own clothes. Children over three should be able to put on their own underwear, socks, pants, and pull-over shirts with supervision. Learning to dress themselves promotes pride in your child for this accomplishment.

### Snacks:



- Umbrellas:  
Supplies: apple slices and pretzels

Again this are just a few suggestions that will support your child's learning and development while reinforcing the classroom curriculum. I miss everyone and hope you all are safe and well. If you have any questions or concerns please email me.

Ms. Katie