

Virtual Academy

Spring and Summer outdoor fine motor and sensory activities

Occupational Therapy

Gathering supplies for outdoor fun!

Hoola hoops

Jump ropes/mini trampoline

Balls/balloons

Rackets

Butterfly nets

Bats

Baby swimming pools/sprinklers

Tarp/slip and slide

Water hose

Scoops and cups/plastic ware/paper and pencil

Sidewalk chalk/finger paint/shaving cream/play doh

Bike/scooters/skateboards

Cardboard

Targets or nets

Shovels/buckets

Wheelbarrow

Swingsets

Climbing structures

Flashlight

Magnifying glass

Cones

Bubbles

Bean bags

Ice

## IDEAS FOR OUTDOOR FUN!

### **Gross Motor:**

Slide down a hill on cardboard

Rolling down hills

Animals walks (barefoot)

Cartwheels and tumbling on grass

Target /bean bag games

Relay races

Hide and seek

Tag

Simon says

Kickball/wiffle ball/soccer

Obstacle course in yard on with chalk on sidewalk

Hopscotch

Leapfrog  
Scavenger hunt  
Backyard dance party  
Racket play- hitting balls or bubbles or balloons  
Butterflies in a net  
Swing/slide/hang upside down or spin on playground equipment  
Bowling with empty plastic water bottles  
Outdoor chores (yardwork, raking, washing car, taking out the garbage)  
Swimming

**Fine Motor/Sensory:**

Simple gardening (pull weeds, use gloves if needed, rake, plant, water flowers, spraying plants with a spray bottle, picking flowers.)  
Sandbox play (carry buckets, sensory play in the sand)  
Playground play-rock wall and holding onto chains for swing are great hand strengthening activities  
Create with finger paints or sidewalk chalk  
Bubble popping with fingers, knee, hand, toes etc.  
Use cardboard to push pipe cleaners  
Squirt gun/bottle art  
Mud play!  
Grass sensory bin  
Collect bugs and leaves from yard and inspect with magnifying glass  
Catch fireflies  
Make an outdoor "soup"  
Ice painting  
"I Spy" in the backyard...what do you see? What do you hear? What do you Smell?  
Watch and draw clouds

**Accommodations for sensory needs in the backyard**

Wear shoes instead of sandals or bear feet  
Use firm touch for proprioceptive input  
Throw or play catch with a heavy ball  
Bucket of water to rinse hands quickly if child is sensitive to messy hands or dirt  
Sheltered area if child is sensitive to wind blowing on skin  
Wear a lightweight wind jacket  
Hat with a brim to reduce bright light or intense light in eye or on face  
Sunscreen with rim touch before going outdoors  
Wear sunglasses  
Wear headphones to reduce background noise  
Beware of freshly cut grass which is a strong scent.  
Wear thin gloves for gardening activities.

Great websites for daily calendar and other fun outdoor summer ideas

<https://teachingmama.org/>

<https://theotttoolbox.com>

<https://www.toolstogrowot.com/blog/2015/06/04/activity-a-day-summer-calendar-weekly-plans>