

Activities List Options

Play Activities	Sensory Activities	Motor Activities
Memory/Matching	Wrap tightly in a blanket	Nursey rhymes with movement
Chutes and Ladders/Candyland	Jumping on a trampoline	Musical Chairs
Legos	Crashing into pillows	Duck-Duck Goose
Finger Painting	Soda Bottle Tornadoes	Freeze Dance
Parachute Play	Sensory Bing – beans, rice, small toys	Baking
Simon Says	Water beads	Flashlight tag
"I Spy"	Writing in shaving cream	Hide and Seek
Scavenger Hunt	Cutting Play Doh shapes	Coloring with Chalk outside
DIY Play-Doh	Bubble Play	Bowling with paper towel rolls
Apples 2 Apples	Finger paint	Animal walks
Obstacle Course		
Build a fort		

This is by no means an exhaustive list but meant to be a guidance. These are suggested activities for your children. You know your child best and if the activities do not match your child's skill level or interest it is our recommendation that you do not do the activities. Your child should be supervised by a responsible adult for all activities to ensure their safety.

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Communication	ADLs	Leisure Skills
Request during meals using	Brushing teeth	Watching a movie/TV show
Help open/close items	Washing dishes	Reading/looking through a book
Describe the location of toys	Getting dressed	Listening to music
Request colors of crayons	Toileting	Coloring
Yes/no choices when getting dressed	Setting the table	Puzzles
Following directions for cooking	Using a fork and spoon	Yoga
Asking where to find a toy		Painting
Asking what is for dinner		
Asking for more tickles		
Asking for a turn with a toy		
Saying all done with a video		
Say Hi to family on FaceTime		

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