

OT NEWSLETTER

FEBRUARY 2026

WHAT WE LEARNED

This month was all about Valentine's Day and the Arctic such as igloos, walruses and polar bears.

Activities focused on the following:

- Exploring textures with paint, cotton balls, and a themed sensory bin
- Practicing forming shapes and letters
- Practicing buttons, snaps, zippers, and clips off body
- Strengthening fine motor control by completing mazes and connect-the-dot activities
- Putting together puzzles to strengthen visual-motor skills



PRACTICE SKILLS

FINE MOTOR

- Practice increasing hand strength using a hole punch to create a lacing card or to practice identifying numbers/letters on a strip of paper.
- Make/color Scratch Art pictures to increase writing utensil pressure and finger control.

GROSS MOTOR

- Balance on a yoga ball either sitting at a table or lying on the stomach to compete puzzles or other fun games.
- Slide on the floor while lying on a towel to collect toys/books/household items to increase upper body and core strength.

REMINDERS

- If you would like to see additional images and videos on how we target skills, please check your email for an in depth monthly update.
- The monthly update will be sent on the last Friday of each month, both on the website and via email.

ACTIVITIES TO TRY IN MARCH

- Make an at home sensory bin using Lucky Charms cereal and practicing scooping it in bowls and collecting the marshmallows with tweezers.
- Make a rainbow by lacing colorful Fruit Loops onto a pipe cleaner and press each end into marshmallows to form the clouds
- Look up videos and practice an Irish jig together to work on motor planning and coordination

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