

# OT NEWSLETTER

JANUARY 2026

## WHAT WE LEARNED

This month was all about winter themes such as Frosty the Snowman, winter sports, being cozy & warm, and snow & ice.

Activities focused on the following:

- Cutting out and sequencing the steps to make a snowman
- Identifying and coloring shapes following a model
- Practicing forming shapes and letters
- Practicing buttons, snaps, zippers, and clips off body
- Sequencing patterns of images
- Putting together puzzles to strengthen visual-motor skills



## PRACTICE SKILLS

### FINE MOTOR

- Practice using large tongs to pick up toys at home
- Used broken crayons to trace, color and draw
- Practice lacing using shoe strings or pipe cleaners with Cheerios, dry nodles, straw pieces, etc.

### GROSS MOTOR

- Balance activities - jump/walk across couch cushions
- Play games/watch movies laying on the stomach rather than sitting

## 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 FEBRUARY

- Cut out small hearts on card stock or felt, hole punch the middle, and lace onto a string or a straw
- Print out a heart dot art picture and cover the dots by removing red and pink circle stickers
- Practice writing skills by making Valentines day cards with hand written notes and give them to family members

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