

OT NEWSLETTER

JUNE 2026

WHAT WE LEARNED

This month was all about water/ocean themes from boats & ocean travel, to starfish, to treasure hunts & pirates, and fishing. We also celebrated Father's Day with yummy donuts!

Activities focused on the following:

- Practicing forming shapes and letters
- Practicing buttons, snaps, zippers, and clips off body
- Improving letter sizing and problem solving by decoding secret message puzzles.
- Using various tongs and tweezers to rescue animals from a web and move pom poms between containers.



PRACTICE SKILLS

FINE MOTOR

- Get outside and collect smooth stones. Then you can practice forming letters/shapes by painting them or draw on them with washable markers. You can also practice spelling words by writing one letter on each stone and rearranging them.
- Grab some sticker scene books from Amazon as a fun, low mess activity to practice fine motor control and precision skills.

GROSS MOTOR

- Head to the playground and work on climbing tasks like monkey bars and a rock wall to increase shoulder girdle strength as well as 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 JULY

- Make frozen markers by filling an ice cube tray with water and food coloring, place a popsicle stick in the middle and freeze. Once frozen practice letters/shapes, or draw pictures using the frozen markers on card stock paper/paper plates.
- Read books and watch videos on fireworks to prepare for the loud sounds for kiddos with auditory defensiveness.

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