


# OT NEWSLETTER

MARCH 2026

## WHAT WE LEARNED

This month was all about Spring, bugs, flowers, and celebrating St. Patrick's Day!

Activities focused on the following:

- Exploring textures with paint, Q-tips, tissue paper, 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
- Improving letter sizing and problem solving by completing crossword puzzles.
- Improving hand control by painting with dot markers. 

## PRACTICE SKILLS

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### FINE MOTOR

- Practice using small letter sizing by writing letters within crossword puzzle boxes or using grid paper.
- Increase hand strength by removing small beads and treasure from therapy putty.

### GROSS MOTOR

- Try a kids yoga video together to work on core strength, motor planning, and reflex integration (Cosmic Kids).
- Focus on stretches and exercises like Cat/Cow, Cobra, jumping jacks, and snow angels (if jumping jacks are difficult).

## 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 APRIL

- Make an at home sensory bin using shredded green paper, seeds, fake flowers, green spiral noodles (worms), and plastic Easter eggs. Pick up the worms with tweezers and practice opening/closing the eggs.
- Have relay races together and practice hopping, crawling, and skipping like a bunny to collect plastic eggs, then return them to a basket by carrying them on a spoon.

## CONTACT INFO



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