

# OT NEWSLETTER

MAY 2026

## WHAT WE LEARNED

This month was all about ocean themes from mermaids to dolphins, whales, crabs and lobsters!

Activities focused on the following:

- Exploring textures with a themed sensory bin with water beads and sand.
- Practicing forming shapes and letters
- Practicing buttons, snaps, zippers, and clips off body
- Improving letter sizing and problem solving by decoding secret message puzzles.
- Also, this month saw lots of testing to check progresss and for updated goals for the next 6 months. ✨

## PRACTICE SKILLS

### FINE MOTOR

- Get a large container filled with sand and practice shapes, letters, and words by forming them using fingers, pencils, or paint brushes.
- Get a paper plate and split in into colored sections. Hide corresponding colored clothespins around the house or outside and once they are found clip them to the correct space on the plate.

### GROSS MOTOR

- Play games using a tennis ball including catching, dribbling, rolling, and bouncing to target hand-eye coordiantion.

## 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 MAY

- For a fun sensory and fine motor strengthening activity, gather 2 bowls, one empty one filled with water, fish net, sponges, scissors, and a citrus press. With your child, cut the sponges into small squares and toss them into the water. Have your child scoop out the sponges using the net or a spoon, then squeeze out the water using the citrus press into the empty bowl.

## CONTACT INFO

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