OT NEWSLETTER

NOVEMEBER 2026

WHAT WE LEARNED

This past month was all about celebrating Halloween and exploring Autumn themes such as changing leaves, apple orchards, pumpkins/gourds, and spiders/webs.

Activities focused on the following:

- Practicing forming shapes and letters
- Improving letter sizing and problem solving by completing fill in the blank tasks and decoding messages.
- Practicing visual discrimination skills, bilateral integration and fine motor precision by small lacing bead patterns and shape matching.
- Increasing upper body and core strength by performing prone yoga ball exercises and multi-step obstacle courses (balance beam, hopscotch, etc.)

PRACTICE SKILLS

FINE MOTOR

- Decorate an empty water bottle or food container as a turkey and have your child "feed" the turkey using tongs/tweezers to pick up pom poms or cotton balls.
- Print out an image of a turkey without feathers. Have your child create feathers using colored play-doh to roll, press, and place to increase manual dexterity.

GROSS MOTOR

- Hold a turkey feather scavenger hunt. Hide feathers around the house and have your child collect them by running, cralwing, rolling, or wheel barrow/animal walking to collect them.

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 NOVEMBER

- Hold an etiquette class with siblings or friends to practice meal time manners. Start with a Social Story about mealtimes or specifically Thanksgiving, then have your child help set the table, make a dish, then get dressed up before eating together. Practice accepting new foods or how to politely refuse as well as set a timer to increase sitting tolerance. Make it fun, invite favorite toys and play music for these practice meals.

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