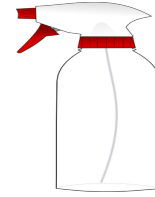


These are exercises! A little everyday will be so helpful! 😊

Fine motor

1. Use tweezers, clothespin, or salad tongs to pick up small items.
2. Cover a small action figure or toy with rubber bands (then later “save” the character by taking the rubber bands off)
3. Repurpose an old spray bottle to have a water fight! Encourage your child to squeeze the spray bottle with one hand.
4. Trace shapes, draw, copy their name on your windows using a dry erase marker. Writing with their arm extended out in front of them or reaching up above will improve their arm & shoulder strength. →
5. Make things out of playdough (snake, ball, pancake)
6. Put a rubber band loosely around the child's fingers and have them try to open and close their hand a few times.
7. Put coins in a piggy bank or make a bank by cutting a small slit into a box or container.
8. Rip up used paper as small as you can into confetti.
9. Snip playdough or silly putty with scissors



Cognition

1. Play the guessing game (it's black & white, lives on a farm, gives us milk, and says ‘moo’...what is it?) -then have your child try to describe something to you!
2. Sing songs together. Does your child know the words to nursery rhymes?

Reading specialists say that knowing nursery rhymes and having the ability to rhyme words yourself greatly improves reading ability later in school. Get started rhyming now! (Bat/cat/rat/fat/mat/pat/zat/dat/yat)

3. Talk about things that are out of sight so your child has to think about what they look like (what's bigger, a tree or a flower?).
4. Cook together and have your child follow directions
5. Play Simon Says, Mother May I, or Red Light/Green Light
6. Count out objects “Give me 10 of those toy cars”
7. Read together and ask your child questions “what will happen next?” before you turn the page.
8. Talk about the left and right side of your body as your child practices to get dressed.
9. TALK, TALK, TALK & LISTEN, LISTEN, LISTEN with your children throughout your normal routine. Just describing what you are doing and asking them questions greatly improves their understanding of the world. “I am going to do some laundry. Do you know what laundry is? Why do we have to wash our clothes? That's right! Because they get dirty.”

Gross Motor

1. Take your child outside for a walk
2. Encourage your child to learn how to skip, gallop, do a somersault if they don't know how
3. Encourage your child to learn how to peddle their tricycle if they don't know how.
4. Play catch with your child-you can use many things, not just balls. You can toss stuffed animals, t-shirts, pillows, etc. Water Balloons if it's a sunny day. ☺ ☺ ☺ ☺
5. Play tag
6. Hop like bunny (feet together), crawl like a bear (hands on ground/bottom in air), crawl like a crab.
(Remember those old PE exercises???) They're great for development!
7. Walk up and down stairs (one foot on each step)
8. Stand on one leg for 5+ seconds without holding on to anything. Remember you just need to lift your foot up an inch from the ground until you are comfortable lifting it higher. (then try it with your eyes closed)

Social Skills

1. Practice deep breathing with your child. Breathe in deeply, hold it for a count of 10, blow it out slowly. Let your child see you doing this on your own to regulate yourself when you are stressed or overwhelmed. They will learn from you. Encourage them to breathe deeply when upset.
2. Pretend play with you or other kids
3. Play restaurant or store with your child
4. Go to the park to interact with other kids
5. Read books and ask "how does the character feel?"
6. Talk about your feelings/their feelings "I'm feeling really frustrated right now because it is very loud in here. I need you to play quietly or play in your room." " You look really proud right now! You have worked so hard on opening your own snack!"

Self Help Skills

1. Put on clothes independently
2. Wash self in bathtub
3. Brush teeth (put on toothpaste)
4. Button a shirt/pants
5. Put shoes on the right feet
6. Practice drinking from an open cup without spilling
7. Practice fastening a zipper
8. Independently snap pants
9. Use a butter knife to spread and cut soft things

Most importantly, try to enjoy brief moments with your child. It doesn't have to be a special activity, your child will just enjoy the time spent with you. 😊