



SUMMER OT HOME PROGRAM

By Kristin Robison, OTR/L

Summer is a great time to build the foundational skills that help children succeed at school and in life. These fun activities support cutting, handwriting, small finger movements, copying from the board, coordination, body awareness, and more. They also help with recess, sports, and making friends!

Children benefit from repetition, predictable routines, visual models, and playful movement experiences that help the brain organize movement patterns.

GENERAL RECOMMENDATIONS

- ★ Practice 15–20 minutes daily
- ★ Keep activities fun and low-pressure
- ★ Break tasks into small steps
- ★ Demonstrate first before asking your child to try
- ★ Use visual cues and simple language
- ★ Praise effort, persistence, and creativity

1. COPY MY MOVEMENTS

Clapping patterns



Yoga poses



Animal walks



Dance motions



2. SIMON SAYS

Touch opposite knee



Hop 3 times



Spin then clap



3. ACTION SEQUENCE GAMES

Do the steps in order!

1. Jump



2. Clap



3. Sit down



4. CATCH, THROW & BOUNCE GAMES

Beanbag toss (call out letter)



Crumple paper and throw to target



Tennis ball activities

Throw/Catch

Bounce/Catch

Dribble



5. WINDMILLS

Touch right hand to left foot. Alternate sides.



6. PRONE PUZZLE OR COLORING

Lay on stomach while completing activity.



7. WHEELBARROW WALKS

Adult holds legs while child walks on hands. Modify: hold at thighs if needed.



8. RHYTHM CLAPPING PATTERNS

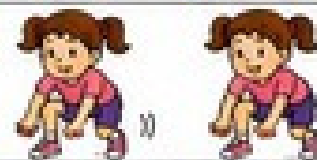
Try with a metronome!



Clap-clap-tap knees



Clap under legs



Alternate hand patterns



9. HAND-TO-KNEE CROSS TAPS

Try with a metronome!



Right hand to left knee



Left hand to right knee



10. GRAPEVINE PATTERN (BOTH DIRECTIONS)

Step sideways using this pattern:

1



2

Cross one foot in front



3

Step to the side



4

Cross one foot behind



← Repeat and go the other direction! →

11. DIFFERENT SKIPS, HOPS, GALLOPS & WALKS

Walk on tip-toes



Walk only on heels



Hop on two feet, then one



Walk backwards



Walk SUPER slow, then fast (without running)



FINAL ENCOURAGEMENT



The goal is progress, not perfection.



Keep movement playful and encouraging.



Short, frequent practice is often more effective than long sessions.



Most importantly—have fun together!



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These playful movement activities help build the brain-body connections children need for success in school, sports, playground activities, and everyday life.

