



Tots to Teens
therapy services
VOL. 7 JUNE 2022

TOTS TALK JUNE 2022 JOIN US FOR FIELD DAY

UPDATES

- **Referral Program:** Share your experience with Tots To Teens with your family and friends and receive a gift card for each referral.
- Summer is here! Please read some tips for fun activities during the summer.
- **Parent's Corner** will be featured in each newsletter. If you want anything featured please e-mail: pr@totstoteenstherapy.com
- Stay tuned for summer Interest group announcement.
- Thank you for helping us celebrate speech therapy month with your participation in the contest. Congratulations to the Schandler family on winning the \$25 Target gift card.



**TOTS TO TEENS
FIELD DAY
JUNE 11, 2022
2PM-3:30PM**



COME AND JOIN THE FUN!

JOIN US (RAIN OR SHINE) FOR AN AMAZING AFTERNOON!
SPECIAL GUEST: BOBBY G. PETS
\$30 PER FAMILY. VENMO: @TOTSTOTEENS
A PORTION OF THE PROCEEDS WILL BE DONATED TO: OPERATION HEROES CONNECT

WESTRIDGE ELEMENTARY

12400 KNIGHTSBRIDGE DR.
WOODBIDGE, VA 22192

RSVP: PR@TOTSTOTEENSTHERAPY.COM





101 SCREEN-FREE ACTIVITIES

At Home

1. Listen to the radio.
2. Write an article or story.
3. Paint a picture, a mural or a room.
4. Write to the President, your Representative, or Senators.
5. Read a book. Read to someone else.
6. Learn to change the oil or tire on a car. Fix something.
7. Write a letter to a friend or relative.
8. Make cookies, bread or jam and share with a neighbor.
9. Read magazines or newspapers. Swap them with friends.
10. Go through your closets and donate items to Goodwill, the Salvation Army, or a local rummage sale. Have a garage sale.
11. Start a diary/journal.
12. Play cards.
13. Make crafts to give as gifts. Try a new craft.
14. Do a crossword puzzle or play Sudoku.
15. Save money: cancel your cable TV!
16. Learn about a different culture. Have an international dinner.

17. Teach a child some of your favorite childhood games.
18. Study sign language.
19. Write a letter to your favorite author.
20. Cook dinner with friends or family.
21. Make cards for holidays or birthdays.
22. Play chess, bridge, or checkers.
23. Play charades.
24. Have a cup of coffee and a conversation.
25. Repair or refinish a piece of furniture.
26. Make a wooden flower box.
27. Wake up early and make pancakes.
28. Read a favorite poem. Read poems by poets new to you

Outdoors

29. Learn about native trees and flowers in your area.
30. Plan a picnic or barbecue.
31. Go bird watching. Learn the names of local birds.
32. Walk the dog. Wash the dog.

33. Plant a garden. Work in your garden.
34. Take a nature hike.
35. Feed fish or birds.
36. Watch the night sky through binoculars and identify different constellations. Observe the moon.
37. Learn to use a compass.
38. Take photographs and then organize them into an album.
39. Do yard work.
40. Go camping.
41. Take an early morning walk.
42. Climb a tree.
43. Watch a sunset; watch the sunrise with a friend.

Around Town

44. Attend a community concert. Listen to a local band.
45. Visit the library. Borrow some books.
46. Visit a local bookstore.
47. Visit the zoo.
48. Visit the countryside or town. Travel by bus or train.
49. Attend a religious service.
50. Go to a museum.



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51. Walk to work or school.

52. Attend a live sports event.

53. Look for treasures at a yard sale.

54. Try out for a play. Attend a play.

55. Collect recycling and drop it off at a recycling center.

56. Learn to play a musical instrument.

On the Move

57. Go roller skating or ice skating.

58. Go swimming. Join a community swim team.

59. Start a community group that walks, runs or bikes.

60. Organize a game of touch football, baseball, or softball in the local park.

61. Go for a bicycle ride.

62. Learn yoga.

63. Play soccer, softball or volleyball.

64. Play Frisbee.

65. Workout.

66. Go dancing. Take a dance class.

In Your Community

67. Organize a community clean-up or volunteer for charity.

68. Become a tutor.

69. Join a choir. Sing!

70. Start a bowling team.

71. Visit and get to know your neighbors.

72. Start a fiction or public policy book group.

With the Kids

73. Make paper bag costumes and have a parade.

74. Design a poster for Screen- Free Week.

75. Discover your community center or local park activities.

76. Blow bubbles.

77. Draw family portraits.

78. Build a fort in the living room and camp out.

79. Research your family history. Make a family tree.

80. Invent a new game and teach it to your friends.

81. Make a sign to tape across the TV during Screen-Free Week.

82. Play hopscotch, hide & seek, or freeze-tag.

83. Organize a neighborhood scavenger hunt.

84. Play board games with family and friends.

85. Clean up or redecorate your room.

86. Make puppets out of old socks and have a puppet show.

87. Write a play with friends. Perform it at a nursing home.

88. Construct a kite. Fly it.

89. Go on a family trip or historical excursion.

90. If it's snowing, go sledding or make a snowman.

91. Create a collage out of old magazine pictures.

92. Shoot hoops with friends. Play a round of H.O.R.S.E.

93. Make a friendship bracelet.

94. Create a cookbook with all your favorite recipes.

95. Tell stories around a campfire.

96. Plan a slumber party.

97. Bake cakes or cookies and invite friends for a tea party.

98. Construct a miniature boat and float it on water.

99. Write a letter to your grandparents. Make a special card.

100. Create sidewalk art with chalk.

101. Everyone! Have a huge party to celebrate a Screen-Free Week!


www.screenfree.org







Tots to Teens
therapy services


PRESCHOOL-1ST GRADE



LEVEL
1



Indicates a
Weekly Plan
Printable
Resource


























JUNE

SUMMER

ACTIVITY-A-DAY

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SUNDAY	MONDAY FINE MOTOR	TUESDAY SENSORY	WEDNESDAY VISUAL PERCEPTUAL/VMI	THURSDAY HANDWRITING	FRIDAY GROSS MOTOR	SATURDAY AROUND THE HOUSE
 WEEK 1			1 Coloring Fun! 	2 Tic Tac Toe 	3 Jumping Jacks 	4 Put Laundry Away
5  WEEK 2	6 Lace & Unlace Shoes 	7 Side Walk Chalk	8 Pattern & Cut 	9 Pencil Control 	10 Obstacle Course	11 Sort Clothes 
12  WEEK 3	13 Sort Coins 	14 Sensory Coloring 	15 Cut with Scissors 	16 Snow Cone Pre- Writing Fun 	17 Copy Me! 	18 Help Cook!
19  WEEK 4	20 Therapy Putty Exercises 	21 Nature Collection	22 Jelly Fish Craft 	23 Shaving Cream Letters	24 Body Tangles	25 Match Socks
26  WEEK 5	27 Use Tongs or Tweezers 	28 Make Goop 	29 Fold & Cut 	30 Shadow Art	 2022	




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GRADE 2-4



LEVEL
2




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JUNE
















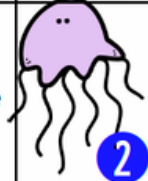
SUMMER

ACTIVITY-A-DAY



Indicates a
Weekly Plan
Printable Resource



SUNDAY	MONDAY FINE MOTOR	TUESDAY SENSORY	WEDNESDAY VISUAL PERCEPTUAL/VMI	THURSDAY HANDWRITING	FRIDAY GROSS MOTOR	SATURDAY AROUND THE HOUSE	
>>> WEEK 1			1 I Spy Bottle 	2 Maze Fun! 	3 Jumping Jacks 	4 Put Laundry Away	
	5 >>> WEEK 2	6 Paper Clip Fun! 	7 Side Walk Chalk	8 Spatial Relations 	9 Make a List 	10 Obstacle Course	11 Organize Toys
>>> WEEK 3	12 >>> WEEK 3	13 Sort Coins 	14 Kinetic Sand	15 Shadow Art	16 Sand Tray	17 Copy Me! 	18 Help Cook!
	19 >>> WEEK 4	20 Therapy Putty Exercises 	21 Nature Collection	22 Mystery Puzzle 	23 Print Summer Words! 	24 Body Tangles	25 Match Socks
26 >>> WEEK 5	27 Use Tongs or Tweezers 	28 Make Goop 	29 Fold & Cut 	30 Printing Practice 	 <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 2px solid blue; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 5px;">2</div> <div style="border: 2px solid blue; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 5px;">0</div> <div style="border: 2px solid blue; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 5px;">2</div> <div style="border: 2px solid blue; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 5px;">2</div> </div>		



GRADE 5 & ABOVE

LEVEL
3













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JUNE
SUMMER
ACTIVITY-A-DAY

Indicates a
Weekly Plan
Printable Resource



SUNDAY	MONDAY FINE MOTOR	TUESDAY EXECUTIVE FUNCTIONING	WEDNESDAY VISUAL PERCEPTUAL/VMI	THURSDAY HANDWRITING	FRIDAY GROSS MOTOR	SATURDAY AROUND THE HOUSE
>>> WEEK 1			1 Mystery Puzzle 	2 Maze Fun! 	3 Exercise Fun! 	4 Fold/ Put Laundry Away 
5 >>> WEEK 2	6 Flicking Game	7 Make Map 	8 Spatial Relations 	9 Make a List 	10 Obstacle Course	11 Vacuum
12 >>> WEEK 3	13 Beat the Clock	14 Estimate Time 	15 Shadow Art	16 Pencil Flips 	17 Copy Me! 	18 Help Cook!
19 >>> WEEK 4	20 Therapy Putty Exercises 	21 Use a Ruler 	22 Word Search 	23 Cryptogram 	24 Jump Rope	25 Wash Windows
26 >>> WEEK 5	27 Braid	28 Mixed up Grocery List 	29 Fuzzy Felt Posters	30 Write a Story 	2022	