



August

2011

Summer Therapeutic Activities

Try these activities over the summer for some FUN!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Finger Paint	2 Lay on stomach, propped up on forearms and play a board game	3 Make an obstacle course	4 Play balloon volleyball	5 Draw or write with a stick or finger in wet sand	6
7	8 Roll out clay or cookie dough with a rolling pin	9 Put pennies in a jar, one at a time, as fast as you can	10 Have a piece of paper on a vertical surface and place stickers on it to make a picture	11 Walk backwards	12 Swing on a swing	13
14	15 Wash the car	16 Draw faces on fingertips and have a puppet show	17 Play with sidewalk chalk	18 Use a baster or eye dropper to transfer colored water from one container to another	19 Blow feathers across a table	20
21	22 Cut straws, rubber band several together to make a bubble wand – blow bubbles	23 Place familiar objects in a bag and have child identify them using only their hand, without looking	24 Roll Playdoh into snakes and cut with safety scissors	25 Dig in the garden with a small shovel	26 Play with shaving cream – write letters and shapes	27
28	29 Jump on/over sidewalk cracks	30 Practice kicking a ball	31 Make cookies and decorate for the end of summer			