

# June



# 2011

## Summer Therapeutic Activities

Try these activities over the summer for some FUN!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Use stick or finger to make/write shapes in dry sand & the wet sand	2 Make a friendship bracelet for a friend or sibling using beads or pasta	3 Play on the playground! Don't forget to try the monkey bars & tire swing!	4
5	6 Go rolling down a hill	7 Use wet pasts/spaghetti to make silly designs on paper	8 Make fun sandart in bottles using sand, sugar/salt, sea shells, etc.	9 Do fun yoga poses	10 Toss water balloons with a racket or play tennis with a balloon	11
12	13 Play with water toys (toys that soak up water) and squeeze the water out of them	14 Catch fire flies (don't forget to release them when you're done!)	15 Have relay races using silly walks	16 Ride a bike or play basketball	17 Play the game of Memory while lying on your belly	18
19	20 Play Frisbee or catch with a beach ball	21 Use waterguns to make shapes or letters on the pavement or a brick wall	22 Make fun chalk designs on the driveway	23 Use clothespins to help hang clothes outside	24 Collect seashells – use markers/crayons to decorate them at home	25
26	27 Carry buckets of water to water plants or fill up a pool	28 Finger paint at the kitchen table	29 Use spray bottle to help water plants around the house	30 Use shaving cream or foam bath in the bathtub to make shapes/letters		