

6/1 OT Parent Letter

We are winding down to the finish line for the school year and I have really enjoyed getting to know my student's families over this difficult time. I have been so impressed by the way you have stepped up to partner with me in order to deliver a remote continuation of OT services. The fact that your children were also juggling academics and other services makes it all more admirable. I know many of you have multiple children in school and work, so I just want to let you know how much I appreciate all that you have done.

As the weather is getting warmer, it is time to get out and spend more time outdoors doing water activities that help our kids develop and cool off. Here are some fun ways to work on skills in the yard with water.

1. Fill a baby pool with small, bath toys that float. Have a race to see who can move their toy by blowing through a straw or aiming a squirt gun to push the toy from one side of the pool to the other the fastest.
2. Supervise some Slip n Slide action with kids sliding prone on their bellies to build up core strength.
3. Have your child wet their feet and hands and make foot and hand prints on the driveway. Can they make letters with their hands. Have them see what their footprints look like when they jump on one foot, or two feet, or skip, ect.
4. Water limbo. Arc the water from a hose that your child has to limbo under. Keep bringing it lower to the ground. Can they get under without getting their bellies wet.
5. Pail and Sponge races. Each player has two pails. The first one has water and a big sponge. The second has no water and is positioned several feet away. The child has to soak their sponge, then run to the second pail and squeeze it into the pail. Then the child runs back for more water. The child who can fill their pail first to a predetermined line on the second pail wins the race.
6. Water balloon catch. See how far you can throw a water balloon between two people before it breaks. You can make it a contest if

you have four or more people. Make sure to supervise because broken balloons can be a chokeable so if there are kids 3 or under, I would pass on this one. Make sure to clean up all pieces of balloon after.

7. Get out the sprinkler and let your kids jump over it and play with the spray hitting the soles of their feet and the palms of their hands. Make sure they are supervised for safety.

Handwriting this week will be a check on your child's skills. I am sending the screen that I use to periodically check on their progress. Have your child fill out the screen **without a visual to help**. They will be writing the alphabet in lower case and upper case as well as writing their numbers 1-10. If your child can't remember the alphabet, you can tell them the letters. Please send me a picture if you can afterwards and once again, you parents rock!