**Hull Public Schools**

**Occupational Therapy BLIZZARD BAG**

WINTER 2019

The following ideas will help your child continue to build up their fine motor, sensory motor and gross motor skills:

**Spelling Practice Fun:**

1. Write them in **alphabetical order**.

2. Write them with **playdough** with the pointy end of a child's paintbrush.

3. Write them with **bubble letters** that you color in.

4. Write them 3x, each time with a **different writing tool**. Start with a pencil, then a crayon, then a marker.

5. **Rainbow write**. Trace each word over with a different colored crayon three times. Make sure you have a lot of space between letters.

7. Write them in **shaving cream** on a baking pan.

**Math Facts With Movement:** Movement helps kids remember, especially when they also say them out loud.

1. **Bat a balloon** while saying facts
2. **Jump on an inside mini trampoline** while saying facts
3. **Dance** while saying facts

**Snow Fun**: If it is safe to play outside, playing in the snow is a great opportunity to build all kinds of muscles. Here are some fun ideas:

1. Make a snowman or a snow fort
2. Snow ball battle. Make sure to make lots of snow balls!
3. Put food dye in spray bottles and spray the snow pretty colors. Spray your snowman. He will look like he has been tie-dyed.
4. Make snow angels across the yard holding hands

Stay warm everybody and let your child help make the cocoa! Ms. Faherty OT