

# “OT Approved” Activities for Summertime Fun



- Drawing with chalk on driveways
- Drawing letters in the sand using your finger, shell, or stick
- Racing a friend to see how fast you can transfer water from one container by soaking it up with a sponges and squeezing it out
- Playing a game of catch while “tall kneeling” (How many times can you catch without having to sit back?)
- Mirror arm patterns: in pairs, facing each other, one person raises their hands and moves them slowly while the other person tried to copy them exactly as if they are a mirror image.
- Make a collage of your favorite things by cutting pictures out of a magazine and gluing them on paper
- Cut out letters from magazines/newspapers to write a message to send to a friend
- String round cereal or cylinder-type pasta on a string to make a necklace to snack on
- Practice writing letters or words in shaving cream, finger paint, or foam soap (hint: use an old cookie sheet for easy clean up!)
- Make as many animal drawings as you can using only shapes for parts
- See how long you can get a top to spin. See if you can beat your friends or your brother/sister.
- Trace around cookie cutters or various lids to make a

picture.

- Pop bubble wrap using only your thumb and pointer finger
- Using playdough, form the letters of your name
- Cut out summer pictures out of a magazine and paste them on a sheet of paper to make a summer scene.
- Pack a picnic lunch. Put items in a zip-lock bag and close.
- Play a card game (such as Uno or Old Maid)
- Watering outdoor flowers/plants (squeezing nozzle on hose)
- Using a spray bottle to mist indoor plants (or each other)
- "Painting" the house or fence using a bucket of water and paintbrush
- Painting/coloring/drawing on a vertical surface (tape paper to wall/easel)
- Play outside! (Run, jump, hop, skip, jump rope, hopscotch, ride bikes/scooters, swing, hang on monkey bars, climb on playground structures, climb trees)
- Play with play-doh or modeling clay
- Wash dolls, bikes, toys, etc with very small sponges
- Draw on driveway with small wet sponges
- Use a rolling pin to roll out cookies; use cookie cutters to cut them out
- Roll down a hill as many ways as you can think of (somersaults, log rolling, etc)
- Set up an obstacle course
- Animal walks: Crab walks, bear walks, wheelbarrow walks, etc.
- Hold a handful of Skittles or M&M's in one hand and try to sort them by color using only that hand
- Time how long it takes to flip 25 pennies from heads to tails. Practice to see if you can beat your score

Don't forget to HAVE FUN!!!!!!