D.I.Y. HOME ACTIVITIES

FINE MOTOR
- Pull sticky notes/tape off the wall
- Build Tupperware towers
- Make noodle/cereal necklaces
- String pipe cleaners through strainers
- Water down paint in spray bottles
- Pull pompoms out of a whisk
- Pull small beads/toys out of Playdoh
- Check out ‘At Home Fine Motor Activities’ online on Pinterest!

GROSS MOTOR
- Chalk hopscotch
- Walking on lines
- ‘Don’t let the balloon hit the floor’
- Simon Says
- Yoga (Cosmic Kids Yoga on YouTube)
- Animal walks (crab, bears, flamingo, etc)
- Ball games (catch, toss, kicking, toe taps)
- Single leg stands to knock over toys, cones, water bottles, etc

SPEECH
- Ball rolling (shared attention, early turn taking)
- Bubbles (up, down, more, go, pop)
- Choices during routines (ie picking out clothes etc)
- Bath time (dump water: in/out; face to face activity)
- I-spy at different locations
- Coloring (choice making, stop/go, in/out/up/down)
- Books (discuss details, predictions, emotions)
- Movies (pause and make predictions; review storyline at end)
- Board games (turn taking; being a good winner & good loser)

SCOTTISH RITE
Funded by the Scottish Rite Foundation of Colorado, a philanthropic organization that provides financial assistance for children to receive speech and language therapy exclusively at St. Mary’s Life Center.

DESCRIPTION
Above are various activities that you can do at home with your little ones to encourage skill development. These activities can be completed with every day objects or very little extra prep work.

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