**Occupational Therapy Preschool Parent Letter**

**Week #5 (4/20/2020 to 04/27/2020)**



Hello Preschoolers and Parents, I hope you had a nice weekend. You have now completed all of the activities I sent home in your packets. The activities below are new activities for this week.

Hopefully, your child will enjoy the following activities:

**Fish Tank Fun:** You will need to either print this sheet or draw your own fishbowl. You will need markers. Have your child extend pointer finger ad color the tip with a marker. Then make a fingerprint on the fish.To grade this activity, have your child hold a cotton ball with his/her ring and little finger against the palm while extending pointer to make fingerprints. This is on the video attachment!

By taping the paper to a vertical surface and having your child kneel to complete this activity, you will encourage core strengthening. Have your child reach across body to encourage midline crossing!

**Pilot Maze:** Complete the Pilot Maze by holding a cotton ball with your ring and little fingers against your palm while your thumb, index and tall fingers are holding a marker or pencil.

**Additional Fun for a Movement Break:** Go to this Youtube site to

**“ Move and Freeze”** with Jack Harman!!

<https://www.youtube.com/watch?v=Nqg5zY0MOfI>

Please feel free to contact me using the following email address: [amcanally@eastwoodschools.org](mailto:amcanally@eastwoodschools.org)

Thank you and have a fantastic week!

Miss Amy,OT