**Occupational Therapy Preschool Parent Letter**

**Week #7 (o5/04/2020 to 05/11/2020)**



Hello Preschoolers and Parents, I hope you had a chance to enjoy the beautiful weather this weekend. We are now entering the 7the week of Distance Learning.

Hopefully, your child will enjoy the following activities:

**Octopus Craft:** For this activity, you will need a paper plate, 8 pipe cleaners, colored tube pasta, beads or fruit loops, paper punch and markers.

**Steps:**

1. Draw face and decorate face
2. Use punch to make 8 holes on bottom ½ of plate.
3. Feed pipe cleaners through holes
4. Thread pasta, beads, or fruit loops onto pipe cleaners.
5. Practice tracing or writing name on back of plate

\*\* To promote core strength, have your child lie on his/her stomach (prone) while stringing pasta, beads, fruit loops.

**Zones of Regulation Video:** I have compiled information into video form to discuss different types of feelings. It includes fun songs, book and movie clips. I hope your child likes it. I will have a sequel next week to explain tools and strategies that can be used to normalize the sensory system. You will need to refer to this private link on Youtube:

[https://youtu.be/fwGpmzZ3AtA](https://dwa.nwoca.org/owa/redir.aspx?C=h61PUJy1eXqJfrgFsljLhINvYE90lIyCWCsbhWfgniuvigKvKvDXCA..&URL=https%3a%2f%2fyoutu.be%2ffwGpmzZ3AtA" \t "_blank)

Please feel free to contact me using the following email address: amcanally@eastwoodschools.org

Thank you and have a fantastic week!

Miss Amy,OT