**Occupational Therapy Preschool Parent Letter**

**Week #8 (o5/11/2020 to 05/18/2020)**

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Hello Preschoolers and Parents, Happy Mother’s Day to you!!! We are now entering the 8th week of Distance Learning.

Hopefully, your child will enjoy the following activities:

**Paper Bag Jellyfish:** For this activity, you will need a paper lunch bag, crayons, markers or paint, and scissors. If you do not have a bag, you can use a piece of paper.

**Steps:**

1. Paint or color the bag.
2. Draw eyes on the bag.
3. Cut thin strips of the bag starting at the bottom to 2/3 of the way up.

\*\* To grade this activity have your child tear the strips of paper. Tearing is a bilateral and precursor skill of cutting.

**Zones of Regulation Video: Part 2:** Last week I sent you a video link to explaining feelings. This week, I am sending you a video link for tools and strategies that can be used to calm or alert the sensory system. Hopefully your preschooler will enjoy it. I will send Part 1 as well, just in case you want to review it again.

**Part 1: Zones of Regulations: Your Feelings:** <https://youtu.be/fwGpmzZ3AtA>

**Part 2: Zones of Regulations: Tools and Strategies:** <https://youtu.be/7zcKGs4WeLc>

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

Thank you and have a fantastic week!

Miss Amy,OT