

## Hands-on activities to do at home

Note: These activities start simple, then progress to higher level activities. They are all hands-on and involve things that you may have at home, or no materials at all.

- Trace letters/numbers/name/sight words/etc. in shaving cream/whipped cream/pudding/hair gel or any material of a similar consistency. You can put it right on the table, or in a plastic bag, or on a sheet pan for easier clean up
- Smell different spices, herbs, sauces; describe what they smell like
- Taste test different foods; discuss colors/textures/flavors
- Make sensory bins: Fill a bin with uncooked rice or dried beans and hide objects for your child to find; practice digging, scooping, etc.
- Make your own playdoh: 1 cup flour, ½ cup salt, gradually stir in ½ cup water, add food coloring or washable paint if you desire. Knead to mix color in.
- Practice tracing using cookie cutters, bowls, any household objects/ shapes that can lay flat
- Practice tying shoes
- Practice getting dressed/undressed; practice buttons, zippers, snaps
- Play Sink or float?: Fill a bin with water and try different items from your home. Predict whether they will sink or float
- Practice Matching items: are they the same or different?
- Practice sorting using various objects such as coins, blocks, crayons, etc. Sort by shape, size color, texture, etc.
- Hunt for different colors and shapes in your home (I spy something red/blue/a circle/etc.)
- Practice counting-use anything in your home
- Make your own Flash cards: practice identifying letters, sight words, colors, numbers
- Exercise: jumping jacks, wall push ups, crab walk, freeze dance, yoga, etc. (if your child is able) You can also try wheelchair dancing or chair yoga.
- Practice tracing/writing name
- Practice memorizing your address or dialing your phone number
- Calendar skills: days, weeks, months, year, seasons, weather, etc.
- Read a book and practice comprehension; ask who, what, where, when, why questions
- Practice Addition & subtraction using any items in your home
- Sort coins and bills and practice counting money
- Look at a takeout menu; figure out how much items cost, add a total bill, figure out tip
- Practice typing skills: find letters on the keyboard, type name, type sentences
- Practice telling time using a digital and analog clock
- Practice using a calculator (add, subtract, multiply and divide)
- Make your own sandwich, practice putting food in the microwave (with supervision)
- Practice doing and folding laundry
- Help sweep/mop, make your bed
- Cook together: follow a recipe, practice making measurements