

	Mon 4/13	Tues 4/14	Wed 4/15	Thurs 4/16	Fri 4/17
Fine Motor	Have your child practice writing letters and words on the sidewalk with sidewalk chalk	Hide cotton balls around the room (or multiple rooms). Have your child hunt for them and pick them up using tweezers or tongs to collect them into a basket or other container.	Have your child write your grocery list or to do list for the day	Have your child use a flashlight to practice "writing" letters on the wall.	Have your child decorate a shoe box or other empty box using markers, stickers, etc.
Gross Motor	Play follow the leader. Take turns being the leader.	Have your child practice balancing on one foot. Time them and then challenge them to beat their best time.	Use masking tape to make a square on the floor. Have your child practice kicking a ball into the square from varying distances	Have your child practice doing push-ups against a wall	Help your child build a pyramid out of plastic cups. Roll a sock into a ball and have your child practice throwing the ball to knock down the cups.

Sensory	Push and pull activities - have your child vacuum, carry books from one room to another, wash windows or a tabletop, and transfer wet laundry from the washing machine to the dryer.	Listen to recordings of nature sounds - rain falling, ocean waves, etc.	Jumping - on a trampoline, into a beanbag, with a jump rope, etc.	Freeze dance - put on some music and have your child dance. Tell them to freeze whenever the music stops.	Bear walk - hands and feet on the floor.
---------	--	---	---	---	--