

# The OT/PT Corner

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## Keep Moving All Summer Long!

Summer is upon us! Just like academics, we hope that gross motor, fine motor, and sensory motor development do not stop once school is out! Luckily, summer is a great time to be outside, play, and continue to develop these skills in summer play!

### Go to the Playground:

It's always fun to play at one of the Cambridge playgrounds. Plus, it helps build strength, endurance, and coordination. Try these ideas!

- **Use sidewalk chalk:** Make jumping targets, play hopscotch, draw balance lines, letters, and pictures
- **Ball games:** Four square, kickball, and basket shooting games
- **Obstacle Course:** Try climbing all parts of the playground, hang on monkey bars, and don't forget swings and slides
- **Ride a bike or scooter:** Don't forget to wear a helmet



### Yoga:

Check out GoNoodle or the Cosmic Kids Yoga website or their YouTube channel for fun and interactive yoga videos. Do it with your child and give yourself a chance to practice mindfulness and yoga as well!



### Sensory Play:

- Water tables, water play, and squirt toys are always a big hit! Encourage use of index or 1<sup>st</sup> three fingers when using squirt toy
- The web has many resources for homemade play dough, oobleck and slime recipes
- Make pictures by dripping colored water from eye droppers onto coffee filters or paper towels
- Play with sand: build castles, dig in sand, carry sand and water in buckets

### Resources:

- [www.therapyfunzone.net](http://www.therapyfunzone.net)
- [www.cosmickids.com](http://www.cosmickids.com)
- [www.theimaginationtree.com](http://www.theimaginationtree.com)

# Have a great summer!