

Summer Activity Ideas:

Have fun moving, exploring, and using your hands while you build strength, improve coordination and stimulate creativity over the summer break. Then see improvements in handwriting and other school activities in the fall!

Get Active:

- Use pop bottles or milk jugs and a small ball to create a **bowling game**.
- Throw **bean bags** into a hula-hoop placed flat on the floor or old tires. Gradually increase the distance.
- **Hit or kick a balloon** and try to keep it from touching the ground.
- Blow bubbles and pop them with hands or pincher fingers.
- Try **wheelbarrow walking** with a sibling or friend and have races or relays transferring objects on one person's back.
- **Jump rope**.
- **Dance** to music.
- Have a **pillow fight**.
- Create an **obstacle course**.
- Walk or run while **balancing a tennis ball** on a large spoon; don't let it fall!



Be Creative:

- Attach a large piece of drawing paper to the wall or use an easel or washable markers on a window to practice painting, colouring, drawing or printing on a **vertical surface**.
- Experiment with different modes of **painting**, using fingers, Q-tips, small sponges, pom-poms, or coloured ice cubes.
- Use **eye droppers** with coloured water to create artistic designs on paper or coffee filters.
- Make **paper airplanes** or fold **origami**.
- Write or draw with **sidewalk chalk**.



- Make your own **lacing** cards, cutting shapes out of Styrofoam containers or using paper plates and punching holes around the outer edge.





- Use **toothpicks and mini marshmallows** or gumdrops to create designs.
- Have fun with **Play-dough, putty, plasticine or clay**:
 - Mold, roll and poke. Make worms, flowers, big and small balls, bugs or other objects.



- Use simple tools such as non sharp scissors, a plastic knife, cookie cutters, potato masher.
- Use tooth picks, pipe cleaners, gems, beads, buttons or dry pasta to decorate or make designs.

- Push **pipe cleaners**, straws and/or feathers through **colander holes** or use scissors to make holes in a cardboard or cereal box for a unique work of art.



Use Household Items:

- Fold a straw in half to make **tweezers** or use **clothespins or tongs** to pick up small objects such as cotton balls, cheerios, crumpled paper, pom poms, beads or pegs.
- See how many **small items** you can pick up and "squirrel them away" you're your hand: mini marshmallows, cereal, beads, coins, buttons, or paper clips. Release the items one at a time into a piggy bank or container.



- Play **dress-up** with mom and dad's old clothing or thrift store finds.
- Use a **spray bottle** to water plants or have a water fight.
- Pop **bubble wrap**.
- Screw and unscrew **nuts and bolts**.
- Flip **coins**.



- **Pouring** – water, sand or dry rice from pitchers, buckets, measuring cups or plastic containers. Or have a tea party!



- Use **scissors** to cut out coupons, make a collage from magazine clippings, add a fringe border to a drawing or piece of construction paper or cut up junkmail or straws.

- **Crumple** up 1 sheet of an old **newspaper** or flyer in one hand before tossing into the recycle bin. Or use the balls of paper as stuffing for scarecrows, puppets, or other art projects.



- **Scrunch** small balls of **tissue paper** with fingers, then glue onto paper to form colourful pictures or designs or fill an empty water bottle with coloured paper.

- **Hammer golf teas** into a cardboard box.



- Play with **toys or games** that involve shaking **dice**, dealing, shuffling and turning over **cards**, and/or manipulating **small pegs or pieces**: Connect 4, Uno,

Lego, Barrel of Monkeys, Chinese Checkers, Pick-Up-Sticks, Cat's Cradle, Jacks or wind up toys.

- Fill an ice cream pail or plastic bin with **sand, packing peanuts, uncooked rice, pasta or dried beans** and **search for small, hidden objects** such as coins, beads, pegs, or small toys. Then try with your eyes closed!



- **String beads**, cheerios, macaroni, or cut-up straws on string, yarn, or pipe cleaners.
- Hang pictures or artwork with **clothespins**.



Help out around the House or Yard:

- **Match socks or fold Laundry**
- **Wipe Tables**
- **Wash Dishes**
- **Sort and put away silverware**



- **Vacuuming**

- Hang clothes on **clothesline**

- **Twisting lids on and off jars and containers**

- **Pull Weeds**

