

# Summer Challenge Checklist


Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

Visit the P4C website: <https://www.partneringforchange.ca/>

- Practice Capital letters
- Animal walks: Bear and Tiger
- Water fight with spray bottles
- Trace letters with bingo dabber's
- Pack a picnic lunch 
- Go for a bike ride
- Practice square breathing




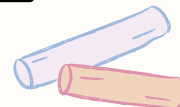
Week **1**

- Practice Downers: l i t f
- Throw and catch a ball x20
- Make confetti with a hole punch
- Paint letters outside with water
- Practice eating a school lunch
- Hula hoop competition 
- Practice star breathing




Week **2**

- Practice Rounders: c o e a d
- Make a hopscotch and play
- Make a play dough pizza
- Draw with sidewalk chalk
- Beat the clock: Winter clothing
- Bake cookies 
- Guided muscle relaxation




Week **3**

- Practice Curvers: s u r n m h b
- Kick a ball around 10 pylons
- Make jewelry from dry pasta
- Make letters in a tray of salt
- Beat the Clock: Shoes
- Play a board game 
- Guided meditation





Week **4**

- Practice Diggers: j g a p
- Animal walks: Crab and Penguin
- Build a lego or block towers
- Build letters out of playdoh
- Write out your morning routine
- Go to the park
- Do an I Spy book 




Week **5**

- Practice Sliders: v w y x z k
- Climb a ladder at the park
- Magnet 5 notes to the fridge 
- Draw letters in the air
- Practice handwashing 
- Go on a nature scavenger hunt
- Develop a Worry Box




Week **6**

- Spacing: print on grid paper
- Throw a ball to a target x10
- Clothespin scavenger hunt
- Write with window markers
- Plan some school outfits
- Go Swimming 
- Set 3 goals for next school year




Week **7**

- Print the lower case alphabet x3
- Practice jump rope/skipping
- Mix a salad with tongs
- Finger paint on an easel
- Practice 5 zippers
- Go on a picnic 
- Write 3 "Inner Coach" statements for next school year



Week **8**

- Write a letter to your teacher
- Make an obstacle course
- Draw and cut out a picture
- Spell your name using snacks
- Practice packing your backpack
- Go bowling 
- Give yourself 10 tight hugs



Week **9**