

Monday	Tuesday	Wednesday	Thursday
<p align="center">Day 1</p> <p>Gross Motor: Jump on each foot 5 times.</p> <p>Fine motor: Use a crayon to draw 5 shapes.</p> <p>Language: Read book and identify pictures on the pages.</p> <p>Cognitive: Match socks and identify color.</p> <p>Adaptive: Help fold laundry.</p> <p>Social: Talk about activity you did that day, how it made you feel and why.</p>	<p align="center">Day 2</p> <p>Gross Motor: Jump over something and sing Jack be Nimble.</p> <p>Fine Motor: Sing and do hand motions to itsy bitsy spider.</p> <p>Language: Name 10 items in living room.</p> <p>Cognitive: Play a board game.</p> <p>Adaptive: Help set the dinner table.</p> <p>Social: Make emotion faces and name the emotion (happy, sad, mad, etc.)</p>	<p align="center">Day 3</p> <p>Gross Motor: Bounce and kick a ball.</p> <p>Fine motor: Draw a picture and write a sentence about it.</p> <p>Language: Point to and name body parts.</p> <p>Cognitive: Find and name shapes in your house (a clock is a circle).</p> <p>Adaptive: Help with dishes.</p> <p>Social: Play Simon Says.</p>	<p align="center">Day 4</p> <p>Gross Motor: Practice throwing and catching a ball.</p> <p>Fine Motor: Practice writing name.</p> <p>Language: Go on a walk and name 10 items in your environment.</p> <p>Cognitive: Count to 30.</p> <p>Adaptive: Get yourself dressed for the day.</p> <p>Social: Take turns playing with a toy.</p>
<p align="center">Day 5</p> <p>Gross Motor: Count to 100 song by Jack Hartman.</p> <p>Fine Motor: Draw line(s) on a piece of paper and have children cut on the line.</p> <p>Language: Practice saying your friend's names at home.</p> <p>Cognitive: Practice writing your name.</p> <p>Adaptive: Practice buttoning and zipping.</p> <p>Social: Practice turn-taking by playing a matching game.</p>	<p align="center">Day 6</p> <p>Gross Motor: Play catch with a ball.</p> <p>Fine Motor: Have your child tear pieces of paper and then glue the pieces to something.</p> <p>Language: Practice saying your teacher's names.</p> <p>Cognitive: Pick items in the house and think of rhyming words.</p> <p>Adaptive: Pick some outfits and ask what seasons they should be worn in.</p> <p>Social: Act out emotions and have your child guess what you are feeling.</p>	<p align="center">Day 7</p> <p>Gross Motor: Have a skipping race.</p> <p>Fine Motor: Finger movement song such as Itsy Bitsy Spider.</p> <p>Language: Talk about what makes you happy and why.</p> <p>Cognitive: Sort things by shape, size, or color.</p> <p>Adaptive: Help clean an area around the house.</p> <p>Social: Give your child pictures and have them tell you a story.</p>	<p align="center">Day 8</p> <p>Gross Motor: Give your child a number (or roll a dice), and then have them hop, skip, or jump that many times.</p> <p>Fine Motor: Practice stringing items (cheerios, macaroni, etc.).</p> <p>Language: Talk about loud and soft animals, practice making their sounds.</p> <p>Cognitive: Create a pattern with your child and have them continue it.</p> <p>Adaptive: Have your child set their place setting at the table.</p> <p>Social: Play telephone game</p>
<p align="center">Day 9</p> <p>Gross Motor: Walk on a straight line.</p> <p>Fine Motor: Practice drawing horizontal and vertical lines.</p> <p>Language: Talk about hot and cold things in your kitchen, and name them.</p> <p>Cognitive: Play I Spy (colors, letters)</p> <p>Adaptive: Pick out your own clothes.</p> <p>Social: Practice doing kind things.</p>	<p align="center">Day 10</p> <p>Gross Motor: Practice walking.</p> <p>Fine Motor: Draw simple shapes.</p> <p>Language: Practice names of people in your house.</p> <p>Cognitive: Use a deck of cards to play memory.</p> <p>Adaptive: Practice handwashing individually.</p> <p>Social: Practice helping a friend.</p>	<p align="center">Day 11</p> <p>Gross Motor: Head, Shoulders, Knees and Toes</p> <p>Fine Motor: Practice writing # 1-5</p> <p>Language: Talk about your favorite color and find something that color.</p> <p>Cognitive: Count to 30.</p> <p>Adaptive: Dress yourself.</p> <p>Social: Practice how to talk to a friend when you want a toy they have.</p>	<p align="center">Day 12</p> <p>Gross Motor: Play hopscotch.</p> <p>Fine Motor: Practice writing your name.</p> <p>Language: Talk about the rooms you get ready for the day in. (brush teeth in bathroom, where you sleep)</p> <p>Cognitive: Read a story and ask questions about the story.</p> <p>Adaptive: Make your bed.</p> <p>Social: Practice turn-taking.</p>

Parent Signature