

B

1) Sorting

- a. He has been working on sorting mealtime utensils/dishes. You can have been practice this sorting by putting away utensils into the drawer, and then putting away plates, cups, bowls as well. You could also practice this skill by having him sort laundry (i.e. socks in one pile, underwear in another pile, etc.)

2) Environmental print

- a. If you have access to a printer, you could print out a few different food labels that you might be using to make lunch. Show him the picture of the food label and have him retrieve the correct item. For example, if you are making PB+J, lay out the peanut butter, jelly and bread on the counter. Show him a photo of the peanut butter label and ask him to get it. Then do the same for the rest of the items. You could also do this for just snack items.

3) Counting

- a. He has been using counting jigs to work on counting numbers 1-5. You can create jigs at home. Get 5 pieces of paper. On the first paper, draw 1 circle and color it in. Write the number 1 above it. On the next piece, draw 2 circles, color them in, and write the number 2 above it. Continue through 5. Have him practice counting different items throughout the day!

4) Read through a book together.

- a. While reading, ask questions such as “Where’s the dog?”, “Find the car”. This will work on vocabulary words and attending to a story.

5) Exercises

- a. He has been working on toe touches, wall push-ups and modified squats. He can also continue to work on jumping and marching in place.

6) Self Help

- a. Vacuuming – He seems to really be liking doing this at school. Have him vacuum different rooms in the house!
- b. Continue to work on brushing teeth, washing face, putting on deodorant, washing hands, requesting the bathroom, etc.
- c. He has been working on stepping of a curb independently. You can practice this anywhere outside!

7) Fine Motor

- a. Putting on his coat – we lay the coat over the back of the chair. He sits in the chair, inserts one arm into the sleeve, inserts the other arm, then lifts up to get it over his shoulders.
- b. Cutting – practice cutting food during mealtimes