



### A note from your student's occupational therapist

Here are some ways to promote your student's play and motor skills over this extended spring break:

- Engage with your student through play with activities he enjoys like bubbles, toys that he can mouth, peek-a-boo
- Encourage gross motor activities that are regulating for him:
  - Swinging outside, jumping on a trampoline, running
- Continue to encourage his participation in self-care activities, such as using the bathroom or brushing his teeth, when possible
- Provide these sensory experiences:
  - Hugs to provide deep pressure, play with musical toys, making mouth noises and singing songs, bubbles, play with water

Best regards,

Miss Bridgid