



## Activities and resources to make a meaningful day

Offering someone a meaningful day means supporting people with developmental disabilities to explore their interests and how they are connected to other people through those interests. A meaningful day is about self-empowerment, learning, and developing skills, with a goal of helping people realize who they are, what they are capable of, and how they can connect with other people.

Even under the stay-at-home order, a meaningful day made up of planned and purposeful opportunities is possible. An important thing to remember is that these experiences should be goals bigger than just filling time.

Being at home can still offer the opportunity to

- explore new interests, hobbies, and ideas that have never been explored before, via the internet, streaming, phone calls, etc.;
- develop or maintain skills, abilities, and possible opportunities for supported or competitive jobs;
- explore or maintain skills, abilities, and possible interest in post-secondary educational opportunities or volunteer activities;
- experience virtual companionship with friends and peers;
- learn or develop new skills to support and increase independence;
- and find new skills or interests by creating a discovery journal, which can help people express thoughts and feelings, as well as find and define goals and ambitions.

The most important part about finding activities is to allow the person to participate in planning their activities. Person-driven planning can even be a part of their daily calendar. Look past what may appear to be limitations in order to find creative and purposeful solutions. For example, someone using a wheelchair can do many active things, such as exploring nature or participating in an exercise class. Certain accommodations may be required, such as planning accessible routes or modifying exercise activities.

Following is a list of activity ideas and resources to give you a jump start on planning meaningful activities with people of various ages and abilities. The activities are divided into categories and include a brief description of the activity as well as any links that might be helpful.

Some of the resources listed are Internet links. To access public hotspot locations, visit: <https://innovateohio.gov/wps/portal/gov/innovate/news/news-and-events/04042020>

**Exercise/Movement** - The recommendation of getting at least two hours and 30 minutes of aerobic exercise per week applies to everyone. You might need to get creative with the type of physical activity you do, but it is important to keep a person with developmental disabilities moving the best they can.

- Take a walk
- Yoga and chair yoga
- Yoga just for kids- [www.cosmickids.com](http://www.cosmickids.com) or <https://www.youtube.com/user/CosmicKidsYoga>
- Dance
- Relay Races
- Play HORSE (basketball) with a small garbage can and crumpled up paper.
- Exercise at home  
<https://www.nchpad.org/Videos/PLwMObYmISHaN0Pbu2xXymDUePlsTCsn7n>
- Wheelchair/Seated Aerobics: <https://www.youtube.com/watch?v=aINJ2cHhQM0>
- Seated Exercise Class: <https://www.youtube.com/watch?v=g4e2oy8TbNE>
- Play parachute with a sheet and some socks
- Run/Walk a virtual marathon- log distance until you make it to 26.2 miles
- Take a Virtual Hike at one of these Great National Parks-  
<https://www.nathab.com/blog/take-a-virtual-hike-in-our-national-parks/>
- Put on a skit/play
- Planet Fitness
  - Daily 7pm live streamed workouts on Planet Fitness' Facebook page (no Facebook account required) [www.facebook.com/planetfitness/](http://www.facebook.com/planetfitness/)
  - Free Planet Fitness app - tons of free workouts
- P.E. with Joe (School PE teacher), weekdays at 9am, short exercise programs for small spaces -  
<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI>
- Football Catching
- Football Throwing
- Baseball or Whiffle Ball
- Basketball-Dribbling

**Arts/Crafts** - Remember that these activities can be done just for fun, but they can also be used to help people express their emotions during this difficult time. Be sure to pay attention to art expressions that may seem different than what the person would typically do (i.e. consistently using dark colors when typically uses all pastel, light colors may indicate the person is angry or sad).

- Make a collage (base it on a theme)
- Wrapping Paper Collage

- Draw a picture (base on a theme - friend, favorite thing, character, etc.)
- Paint a picture
- Make a card
- Make an “All About Me” poster (draw/paste pictures of things that are important to you or that you really like)
- String beads
- Sculpt with clay/Play-Doh
- Paint-by-Number (you can purchase or make your own)
- Sidewalk chalk art
- Art project ideas & lesson plans - <https://kinderart.com/>
- Sewing (free instructions and projects for kids and beginners) - [www.kids-sewing-projects.com/index.html](http://www.kids-sewing-projects.com/index.html)
- Creative Craft Ideas:  
<https://www.youtube.com/watch?v=ASIFbUIXLLY>
- <https://www.pinterest.com/.ficklepearl/crafts-for-adults-with-developmental-disabilities/>
- Paper Airplanes:  
<https://www.youtube.com/watch?v=54noZe-0B1c>
- Online Classes:  
<https://www.skillshare.com/>
- Cool Art projects: <https://totallythebomb.com/12-fun-art-classes-your-kids-can-take-for-free-from-the-comfort-of-your-home>
- Shadow Puppets. Here is a link to show you how:  
<https://www.pinterest.com/pin/544091198708445842/>
- Science experiments can be a little crafty: <https://greatscience.com/curiosity-corner/diy-science/check-out-curiosity-corner-live>
- Lunch Doodles with Mo Willems: new episodes **weekdays at 1pm**  
<https://www.kennedy-center.org/education/mo-willems/> (past episodes on YouTube - <https://www.youtube.com/watch?v=RmzjCPQv3y8>)
- The Best Ideas for Kids (TONS of ideas) - <https://www.thebestideasforkids.com/>
- McHarper Manor Art classes **weekdays at 1pm** (supply lists with prices that can be ordered online given 1 week prior) -  
[https://www.mcharpermanor.com/blog?fbclid=IwAR18tX4jJ9cQcRhQKcjaO4HjqZebRh0hRYRAcHsTLt9GXkLSG8R\\_cQZ9dto](https://www.mcharpermanor.com/blog?fbclid=IwAR18tX4jJ9cQcRhQKcjaO4HjqZebRh0hRYRAcHsTLt9GXkLSG8R_cQZ9dto)
- Free drawing classes - <https://www.thoughtco.com/free-online-drawing-classes-1098200>

**Nature** - Remember to follow recommended guidelines for social distancing when choosing to do activities outside your home.

- Take a walk and look at the plants and animals
- Explore the yard around your house
- Talk about the different trees/flowers; draw a picture of your favorite one
- Discuss ways to take care of the world around us
- Talk about things you need to be careful of when in nature (i.e. bug bites, poisonous plants/nuts, wild animals, etc.)
- Make a nature collage

**Music** - A person's doesn't have to be musically inclined to enjoy a music activity. If a person wants to learn how to do something musical, that's great, but the most important thing is that people have fun doing the activity.

- Sing Along
- Karaoke
- Listen to music
- Play an instrument - real or homemade (can be the result of an arts/crafts project)
- Make up your own song
- Name That Tune
- Rock and Roll Hall of Fame: Site has many options and videos
- Rocky Mountain Virtual Music Festival:  
<https://www.9news.com/article/entertainment/music/colorado-music/rocky-mountain-virtual-music-festival-keeps-live-music-alive-social-distancing/73-418f9072-aaab-4cc0-970d-666ace30ff33>
- Virtual Music Lessons: <https://gooddaysacramento.cbslocal.com/video/4489766-free-virtual-music-lessons/>
- Virtual Music Lessons: <https://www.virtualmusicalinstruments.com/>
- Virtual Music Class and Storytime: <https://www.record-courier.com/news/20200324/st-joseph-school-has-virtual-music-class-storytime>
- List of Live Virtual Concerts: <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- Connect with Garth Brooks: <https://garthbrooks.com/inside-studio-g>
- Free Broadway shows you can stream: <https://www.silive.com/coronavirus/2020/03/broadway-shows-now-available-to-stream-for-free.html>
- 3 months of free lessons (guitar, ukulele, bass) - [www.fender.com](http://www.fender.com)

**Self-Determination** - Learning to or actually taking control of your own life can be very empowering and open up an array of new doors and activities.

- “Visit” with friends/family through Facetime/Skype/Zoom/etc.
- Create/join an online social group (Facebook/Instagram/etc.)
- Make a home spa and enjoy “me time”
- Get/give yourself a manicure/pedicure
- Self-Determination through the Ohio Dept. of DD:  
<https://dodd.ohio.gov/wps/portal/gov/dodd/your-family/advocacy/self-determination>
- Learn our History Kids Guide to the Presidential Election (Requires \$1 Shipping & Handling) -  
<http://freekidsguide.com/01fb20x01z02.html?fbclid=IwAR3silXFI5YH5tXpaNp7vR5AUj85JyBdNk33GQ-6V2W57CoeQon-q1YjFL0>
- Self-Advocacy and business classes - <https://celebrateedu.org/online-classes/>

**Social** - Socializing with friends/family doesn't require that people be physically together and seeing the faces of people can have an enormous impact on a person's emotional well-being.

- “Visit” with friends/family through Facetime/Skype/Zoom/etc.
- Create/join an online social group (Facebook/Instagram/etc.)
- Facetime, Skype, Zoom, etc. with friends and family.
- Play some Minute-to-Win-it challenges with others through Facetime and Skype.  
Links below.
  - Minute-to Win-it Games: <https://www.happinessishomemade.net/minute-to-win-it-games-for-kids-teens-and-adults/>
  - More Minute- to -Win-it Games:  
<https://www.playpartyplan.com/minute-to-win-it-games-for-kids/>

**Reading (leisure/enjoyment)** - Being home all day and trying to stay active can sometimes be exhausting. Reading, whether you do it yourself or someone reads to you, can be a very soothing, relaxing activity while still interacting with others or the story.

- Storytime
- Finish the sentence
- Create a story
- Mad Libs
- Word Search
- Host/join a book club using Zoom/Skype/Facebook Live/etc.

- Free Worksheets: [www.edHelper.com](http://www.edHelper.com)
- Free Audible Books: <https://www.wthr.com/article/audible-offering-free-audiobooks-kids-stuck-home>
- Free E-Books and Audio Books: <https://www.overdrive.com/>
- Celebrities and authors read to you: <https://redtri.com/youtube-kids-reading-month-celebrity-read-along-kristen-bell-jimmy-fallon-jojo-siwa/>  
<https://coolprogeny.com/2020/03/operation-storytime/>
- Cuyahoga County Public Library
  - Learn how to use the Cuyahoga County Library On-Line: <https://www.cuyahogalibrary.org/About-Us/Using-the-Library-Online.aspx>
  - Library Digital Collection (books, audiobooks, magazines, music, movies, newspapers, etc.) - <https://www.cuyahogalibrary.org/Borrow/Digital-Collection.aspx?fbclid=IwAR3eF025UjprF3KScmYK8SI0gu6BEhSWO3OXNPqph7VKFAsw-YYivyNZAbI>

**Games-** The number of games that can be played in endless, whether you use ones already made or create your own. Games provide an excellent opportunity to socialize with others in a structured way and can even help teach socialization skills.

- I-Spy
- Scavenger Hunt
- Board Games
- Charades
- Bingo
- Simon Says
- Puzzles
- Minute-To-Win-It games
- Hangman
- Legos (can just build anything or give a theme) - [https://thatbricklife.com/lego-challenge-30-days-of-play-calendar/?fbclid=IwAR1JtfjSTrpT-vpxx3xZcpt\\_I6s6RqvUy6NVeLu8XJQK42UOxoipxCfizYk](https://thatbricklife.com/lego-challenge-30-days-of-play-calendar/?fbclid=IwAR1JtfjSTrpT-vpxx3xZcpt_I6s6RqvUy6NVeLu8XJQK42UOxoipxCfizYk)
- DIY Board Games: <https://www.wisebread.com/8-amazing-board-games-you-can-diy>
- Go here and name that commercial: <https://www.youtube.com/watch?v=6L8LjQRk9w4>
- Go here and name that TV Show: <https://www.imdb.com/list/ls008720309/>
- Games loaded to ipads
- Wii/XBOX games

**Animals** - Animals can be soothing, fun, and exciting to watch for many people. For those that might someday want to own a pet, these can be good opportunities to learn more about animals and how to take care of them.

- Draw/color a picture of favorite animal
- Imagine a new animal and talk about what it would be like
- Animal Charades
- Put a birdfeeder up and watch the birds
- Museums, Theme Parks and more Zoos:  
<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- North Carolina Zoo Virtual Tour:  
<https://abc11.com/6041499>
- Virtual Zoo Tours:  
<https://www.youtube.com/channel/UC4JrYvfxstuXjSmR1pa9h8A>
- New Jersey Aquarium Virtual Tour: <https://nj1015.com/new-jersey-aquariums-offer-virtual-tours-while-closed/>
- Cincinnati Zoo and Botanical Gardens: <http://cincinnati-zoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you/>
- Cleveland Metroparks Zoo (featured zoo animal daily at 11am):  
<https://www.facebook.com/ClevelandMetroparksZoo/photos/a.192459715001/10163259793175002/?type=3&theater>
- National Geographic for Kids:  
<https://kids.nationalgeographic.com/explore/nature/habitats/ocean/>
- Houston Zoo (live webcam on several animal exhibits) -  
<https://www.houstonzoo.org/explore/webcams/>
- Monterey Bay Aquarium (live animal cam) -  
<https://www.montereybayaquarium.org/animals/live-cams>
- National Aquarium - <http://samuraivirtualtours.com/example/nab/index.html>
- San Diego Zoo (live videos, games, and more) - <https://kids.sandiegozoo.org/>
- The Virtual Rainforest (videos and articles) -  
<https://msu.edu/user/urquhart/rainforest/>
- Zoo Tours (YouTube channel visits zoos all over the country) -  
<https://www.youtube.com/channel/UC4JrYvfxstuXjSmR1pa9h8A/featured>
- Discovery Education (offers variety of virtual field trips) -  
<https://www.discoveryeducation.com/community/virtual-field-trips/>

**Cooking** - Eating is a huge part of our everyday lives and there are so many ways a person can participate in this part of their life, whether it's understanding, planning, or actively cooking.

- Meal prep assistance (ways to measure, following a recipe, etc.)
- Watch a cooking video
- Create a menu
- Make a shopping list
- Start a garden
- Online Classes: <https://www.skillshare.com/>
- ChopChop Cooking Club (geared for kids as young as 5 and beginner cooks), they also have an app - [www.chopchopcookingclub.org](http://www.chopchopcookingclub.org)
- Spatulatta Cooking for Kids - [www.spatulatta.com](http://www.spatulatta.com)
- Delish Cooking Classes **weekdays at 1pm** - [https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/?fbclid=IwAR1N7AzysRPg\\_ZiVhMcxr4AT1OjWj5YIVu8znUmLbHWbannZoe56N5MAh8s](https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/?fbclid=IwAR1N7AzysRPg_ZiVhMcxr4AT1OjWj5YIVu8znUmLbHWbannZoe56N5MAh8s)

**Sports** - Sports don't have to just be reserved to those that are athletically inclined. Participation in sports activities can range from learning or talking about sports to playing sports-themed games, to playing actual sports.

- Relay races
- Night/Day at the Races (use old videos clips of horse races and have individuals name horses, "bet" on which horse they want to win, winner could get a prize or just bragging rights for winning)
- Football Catching
- Football Throwing
- Baseball-Whiffle Ball
- Basketball-Dribbling
- Sports Trivia Quiz for Kids:  
<https://www.quizony.com/sports-trivia-for-kids/index.html>
- Cleveland Metroparks Zoo (Outdoor Recreation Team explore things like backpacking, watersports, cycling, and park exploration **daily at 3:30pm**):  
<https://www.facebook.com/ClevelandMetroparksZoo/photos/a.192459715001/10163259793175002/?type=3&theater>



**Technology/Computers** - Whether a person is learning to use technology or computers or is actively using them to do an activity, technology has become such a part of our lives that it now allows people to stay in contact with each other and interact even during these times of social distancing.

- Use a gaming system to play a game (Wii, X-box, etc.)
- Jackbox Games is offering Drawful 2 for three weeks for free. This is a fun, online drawing game- <https://jackboxgames.com/drawful-two/>
- Email friend/family
- PBS Sponsored Games and activities: <https://pbskids.org/games/>

**Academic (learning)** - People are never too old to learn something and it can be fun and empowering to be able to do more for yourself and not have to rely on others.

- Various games that fall under various academic headings: <https://www.cbc.ca/games/>
- Freedom Homeschooling has TONS of links broken down by subject/activity area, that include either lesson plans, activities, or both. - [www.freedomhomeschooling.com](http://www.freedomhomeschooling.com)
- Learn colors here, and many other academic activities to help learn: [https://www.youtube.com/watch?v=2Qv\\_cTnE7HE](https://www.youtube.com/watch?v=2Qv_cTnE7HE)
- Visit with the astronauts and have a story read or learn some science: <https://storytimefromspace.com/about-us/>
- Science can be fun: <https://mysteryscience.com/>

### Reading

- Word Search
- Daily Free Learning Workbooks: <https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm>
- Scholastic: <https://www.youtube.com/user/TheScholasticChannel>

### Writing

- Write name, address, etc.
- Write a letter, poem, story
- Daily Free Learning Workbooks: <https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm>

## Math

- Daily Free Learning Workbooks: <https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm>

## Time

- Develop a schedule for the day
- Daily Free Learning Workbooks: <https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm>

## Money

- Use play money to “pay” for snacks
- Daily Free Learning Workbooks: <https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm>
- Lesson Plans and Activities broken down by grade level, including a special needs section - [www.practicalmoneyskills.com/teach/lesson\\_plans](http://www.practicalmoneyskills.com/teach/lesson_plans)

**Virtual Community Activities** - Just because people can't travel or go to many public places during this time of social distancing, doesn't mean they can't see and experience exciting places and things.

- Great Lakes Science Center:  
<https://www.youtube.com/channel/UCCQ9SLS6AyS6yxo4BU71ncQ>
- Cleveland Metroparks Zoo (Naturalists explore Metroparks **daily at 1pm**):  
<https://www.facebook.com/ClevelandMetroparksZoo/photos/a.192459715001/10163259793175002/?type=3&theater>
- Zoo Tours (YouTube channel visits zoos all over the country) -  
<https://www.youtube.com/channel/UC4JrYvfxstuXjSmR1pa9h8A/featured>
- Houston Zoo (live webcam on several animal exhibits) -  
<https://www.houstonzoo.org/explore/webcams/>
- San Diego Zoo (live videos, games, and more) - <https://kids.sandiegozoo.org/>
- The Virtual Rainforest (videos and articles) -  
<https://msu.edu/user/urquhart/rainforest/>
- National Aquarium - <http://samuraivirtualtours.com/example/nab/index.html>
- Monterey Bay Aquarium (live animal cam) -  
<https://www.montereybayaquarium.org/animals/live-cams>
- National Geographic for Kids:  
<https://kids.nationalgeographic.com/explore/nature/habitats/ocean/>
- NASA Glenn: <https://greatscience.com/explore/exhibits/nasa-glenn-visitor-center>

- Toledo Museum of Art- <http://emuseum.toledomuseum.org/collections>
- Metropolitan Museum of Art - <https://www.metmuseum.org/>
- Whitney Museum of Modern Art - <https://whitney.org/>
- American Folk Art Museum - <https://folkartmuseum.org/>
- American Visionary Art Museum - <http://www.avam.org/>
- Check out Disney Rides: <https://fox8.com/news/coronavirus/coronavirus-kids-stuck-at-home-can-go-on-these-virtual-disney-world-rides/>
- National Park Tours: <https://www.countryliving.com/uk/travel-ideas/abroad/a31891488/google-earth-virtual-tours-31-national-parks/>
- Haunted Mansion - <https://winchestermysteryhouse.com/video-tour/>
- Farms - [https://www.farmfood360.ca/?utm\\_source=domain&utm\\_campaign=www.virtualfarmtours.ca&utm\\_medium=redirect](https://www.farmfood360.ca/?utm_source=domain&utm_campaign=www.virtualfarmtours.ca&utm_medium=redirect)
- International Space Station - [https://www.nasa.gov/mission\\_pages/station/main/sun\\_i\\_ss\\_tour.html](https://www.nasa.gov/mission_pages/station/main/sun_i_ss_tour.html)
- Mars (360-degree view while learning about the planet and space exploration) - <https://accessmars.withgoogle.com/>
- Mount Everest - <http://www.everest3d.de/>
- National Museum of the US Air Force - <http://www.nmusafvirtualtour.com/>
- Power Plant Tour (learn about what goes on inside one) - <https://energyclassroom.com/energy-classroom/virtual-power-plant-tour/>
- Statue of Liberty - <https://www.nps.gov/stli/learn/photosmultimedia/virtualtour.htm>
- Virtual Trip to the Sun (journey from Earth to the Sun, stopping at moon, Venus, and Mercury) - <https://amazingsciencefacts.com/virtual-tour-to-the-sun/>
- Yosemite National Park - <https://www.virtualyosemite.org/>
- Did you ever want to see Hawaii?: <http://www.tourdeforce360.com/hawaii/>
- Discovery Education (offers variety of virtual field trips) - <https://www.discoveryeducation.com/community/virtual-field-trips/>
- Google Earth (take guided tours or just search for places you'd like to "visit") - <https://www.google.com/earth/>

**Cultural/Historic Sites** - Exploring different cultural and historical locations from all over the world can be not only enjoyable, but educational.

- 12 Historic Virtual Tours: <https://www.washingtonpost.com/travel/2020/03/18/these-historic-sites-attractions-are-offering-virtual-tours-during-coronavirus-pandemic/>
- 15 more Historic Places to Tour:

<https://scholasticatravel.com/2012/09/05/virtual-tour-of-15-historic-places-explore-before-your-class-field-trip/?sa=X&ved=2ahUKEwjf1aeqLPoAhXYVs0KHYYMbC9oQ1i8wPnoECBUQJA>

- Toledo Museum of Art: <http://emuseum.toledomuseum.org/collections>
- Smithsonian Virtual Tour: <http://naturalhistory.si.edu/visit/virtual-tour>
- Visit Colonial Williamsburg: <https://www.colonialwilliamsburg.org/>
- More Museums to Tour: <https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>
- Anne Frank House - <https://www.annefrank.org/en/museum/web-and-digital/>
- Buckingham Palace - <https://www.royal.uk/virtual-tours-buckingham-palace>
- Great Wall of China (allows you to walk the Wall) - <https://www.thechinaguide.com/destination/great-wall-of-china>
- Holy Land Tour (Bethlehem, Jerusalem, and more) - <https://www.p4panorama.com/panos/HOLYLAND/>
- The Louvre Museum - <https://www.louvre.fr/en/visites-en-ligne>
- Mount Vernon (George Washington's home) - <https://virtualtour.mountvernon.org/>
- Smithsonian Museum of Natural History - <https://naturalhistory.si.edu/visit/virtual-tour>
- Vatican Museums (many museums, chapels, and galleries) - <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei.html>

### **Especially for the Little Ones (Birth – Age 3)**

- Zero to Three has many ideas and resources- <http://www.zerotothree.org>

### **General**

- All kinds of ideas: <https://kidsactivitiesblog.com/>
- Various local and global virtual exhibits for learning: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/family-activities/virtual-exhibits-online-learning-and-fun>
- Explore Ohio virtually: <https://ohio.org/lets-get-digital-virtual-attractions-activities/>

### Fine Motor Skills

- Coloring pages
- Stringing beads
- Paint with a Q-Tip
- Sponge Painting
- Finger Paint
- Practice opening and closing containers
- Practice cutting
- Put stickers on a card
- Draw with chalk

### Sensory/Gross Motor

- Practice handwriting in shaving cream
- Make your own sensory bin/sensory bottle
- Yoga
- Water Table
- Gardening
- Build a fort
- Bubbles
- Sand Table

### Visual Perceptual

- Play I-Spy
- Puzzles
- Board games
- Matching games
- Word searches
- Hidden pictures
- Shadow Puppets. Here is a link to show you how:  
<https://www.pinterest.com/pin/544091198708445842/>

### Learn Sign Language

Here are two free, online resources for learning basic American Sign Language (ASL) that are appropriate for a wide range of ages.

- <https://www.gallaudet.edu/asl-connect/asl-for-free>
- <https://signschool.com>