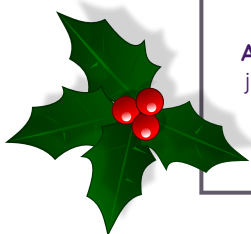


Occupational Therapy Advent Calendar



<p>December 1: Fine Motor Skills Activity: Decorate paper ornaments using crayons, markers, or paint. Use glue and add textures like cotton or glitter for a sensory boost.</p>	<p>December 2: Gross Motor Skills Activity: Snowflake Jumps – Tape large snowflakes to the floor. Jump from one to the other, focusing on balance and coordination.</p>	<p>December 3: Sensory Stimulation Activity: Create a sensory bin with “snow” (e.g., cotton balls, rice, or shredded paper) and hidden holiday objects to find.</p>
<p>December 4: Bilateral Coordination Activity: Make a paper chain. Encourage children to use both hands to cut, fold, and glue strips of paper together.</p>	<p>December 5: Hand Strength Activity: Cookie Cutter Play Dough / cookie dough – Have children press cookie cutters into firm dough, using different shapes and colours. Baking adds a planning and sensory (smell, taste, texture) element.</p>	<p>December 6: Visual Perception Activity: Holiday I-Spy – Place small, holiday-themed items on a tray and play “I Spy” for visual focus and memory.</p>
<p>December 7: Fine Motor Skills Activity: Christmas Bead Necklace – Thread beads onto a string to make a necklace, great for finger control and eye-hand coordination.</p>	<p>December 8: Balance & Coordination Activity: Reindeer Walk – Walk on all fours to reach a target, keeping balance and using core muscles.</p>	<p>December 9: Hand-Eye Coordination, planning and bilateral coordination Activity: Gift Wrapping Practice – Cut, fold, and tape paper to wrap a small gift or box. Encourage neat lines and folding.</p>
<p>December 10: Body Awareness Activity: Snow Angel Stretches – Lay down and make snow angels to work on body awareness and core strength.</p>	<p>December 11: Sensory Discrimination Activity: Christmas Scent Guess – Present scents like cinnamon, pine, or peppermint to identify, working on sensory discrimination.</p>	<p>December 12: Tactile Discrimination Activity: Stocking Stuff – Fill a stocking with small objects, feel the objects and guess what they are without looking.</p>
<p>December 13: Balance Activity: Gingerbread Hopscotch – Draw hopscotch on the ground and hop on one foot, then two, practising balance.</p>	<p>December 14: Handwriting Skills Activity: Write Christmas Cards – Practise handwriting by writing holiday messages in cards.</p>	<p>December 15: Visual Perception Activity: Holiday Seek & Find Puzzle – Create a “Where’s Wally” style page with holiday images for children to find specific items.</p>
<p>December 16: Fine Motor Control Activity: Sticker decorating – Place small holiday stickers on paper to make gift tags, encouraging finger dexterity.</p>	<p>December 17: Body Coordination Activity: Santa Obstacle Course – Set up a mini obstacle course with pillows, cones, and small objects to move around, go under or jump over.</p>	<p>December 18: Breathing and Mindfulness Activity: Hot Chocolate Breaths – Pretend to blow on hot chocolate to cool it down, encouraging slow, deep breathing.</p>
<p>December 19: Fine motor/Eye-hand Coordination Skills Activity: Threading popcorn – thread popcorn onto cotton to decorate the Christmas tree.</p>	<p>December 20: Core Strength Activity: Christmas Present Push – Fill a box with items and push it across the floor, engaging core muscles.</p>	<p>December 21: Crossing the Midline Activity: Christmas Wrapping Toss – Scrunch pieces of Christmas wrap offcuts into balls and toss into a bucket, using both hands and reaching across to the left and right to collect the balls.</p>
<p>December 22: Sensory Regulation Activity: Calm Down Jar – Fill a jar with water, glitter, and food colouring, and shake it as a calming visual tool.</p>	<p>December 23: Hand Strength & Precision Activity: Make a Snowman – Use cotton balls or paper to build a snowman, focusing on squeezing glue and precision placement.</p>	<p>December 24: Reflect and Share Activity: Christmas Reflection – Talk about favourite holiday activities from the month, working on memory and expressive language.</p>