



O&M for JANUARY

(remember to modify to meet the needs of your child)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Theme: Exploring Shapes and Sounds						
Week 1	Talk about the shape of your home (rectangular, square, L shape...) (Shapes)	Talk about warm and cold and what activities you do in each (types of weather)	Talk about snow and make a paper snowflake – talk about shapes (Shapes)	Make a snowman, talk about shapes as you put on objects (Shapes)	Find circles, squares, and triangles that are in your home. (Shapes)	
Week 2	While on the sidewalk, listen to the sounds cars make – wet, slushy, noisy, fast, slow... (Traffic identification)	Listen and identify the different sounds and hums of your home (frig, washing machine...) (Sound identification)	Make an obstacle course in your home and move through it with your cane. (cane skills & finding objects)	Talk about the different smells in your home (food, soaps...) (Olfactory identification & localization)	Find something that vibrates in your home. (Vibratory)	
Week 3	Practice an “I” route (walking in a straight pattern) (Route shapes)	Talk about different type roofs – is yours flat or high pitched?. (Residential features)	Practice an “L” route (walking a route with 1 turn). (Route shapes)	Ask your child who, what, when, where questions (Expressive language)	Ask your child yes or no questions. (Expressive language)	
Week 4	Explore your kitchen together and talk about the different parts – make a mental or tactile map. (Mapping)	Walk around your living room with a bean bag on your head (Posture & Gait)	Explore your bathroom together and talk about the different parts – make a mental or tactile map (Mapping)	Practice going up and down stairs alternating feet (Stairs)	Count the members of your family and describe their appearance to someone (Numbers & expressive lang.)	

Please talk to your O&M Specialist about any concerns or questions you may have.
(the O&M area to be strengthened is in parenthesis for each day)