

April showers bring ...?



O&M for APRIL

(remember to modify as needed to meet your child's individual abilities)

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Theme: General "Umbrella" Concepts						
During the month of April, try to find a day when it is raining and go outside with your child under an umbrella and talk about how the environment sounds change. There are muffled sounds, traffic sounds, puddle sounds, running water, etc... Have fun exploring!						
Week 1	Play "Hunt and Sniff" outside with new flowers blooming. (olfactory development)	Be blindfold (if needed) and listen to a parent's voice, turn toward their voice and answer a question (attending to speech)	Sound Scavenger Hunt outside. Find 5 new sounds (environmental sounds)	Compare the sounds of clapping in a small bathroom compared to a large room (echolocation)	Sweep your cane side to side and go down the sidewalk two houses. (cane skills)	
Week 2	Practice doing 5 jumps on 2 feet and 5 hops on 1 foot (body image)	Practice walking with a basket in one hand while keeping the cane in front. (traveling with objects)	Cook a hard boiled egg and compare to an uncooked egg (textures and qualities)	Move items from one basket into an empty basket – count as you go (Crossing midline activities)	Go fly a kite and compare up/down, high/low, near/far (Positional Concepts).	
Week 3	Practice using sighted guide with your parents through doorways (parent your hand drops down behind you (belt level) and child holds onto wrist or finger (sighted guide))	Listen to traffic at a corner and point to the car and track with your hand as it goes by (auditory & traffic abilities)	Play Simon Says" using walk forward, backwards, stop, turn around ... (O&M one-step commands)	Answer questions related to who, what, where, when (expressive language)	Walk with a bean bag from the front door to the mailbox. (posture and gait)	
Week 4	Wash your left side of your face, then right – repeat with hands (left & right awareness)	Walk on a treadmill or a balance beam at a park (posture and gait)	Be blind folded and have someone roll a ball to your left or right and catch it (sound localization)	Practice opening and closing an umbrella (Inclement weather)	Hold an umbrella outside and point the tip towards the wind. Don't let it collapse. (inclement weather)	...May flowers

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)