O&M for March

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Listen to traffic and identify cars, trucks, buses.. (auditory & traffic abilities)	Find 3 circles, triangles, and square shapes in your home - not toys. (shapes)	Play the "Hot and Cold" game (encourage expressive language)	Walk with a bean bag on your head from the kitchen to your room (posture and gait)	Jump in a circle holding hands with another and jump right, then left (right and left)	
Week 2	Talk about rainbows – the colors and shape. Find /make something in a rainbow shape (shapes)	Play "Simon Says" (to increase ability to follow instructions & body parts)	Set up an obstacles course in your home and go through it (whole body movements – body image)	Sit in a big box or tub and practice touching the right and left sides (left and right awareness)	Find different shoe sizes and compare – describe (quantitative concepts)	
Week 3	Play with a toy car - explore near, far, through, around.. (directional & positional concepts)	Practice walking straight down the hall without touching the sides (directional & positional concepts)	Use your cane to count the doors in your home (cane skills)	Play Mr. Potatoe Head and emphasize facial parts (body image)	Sweep your cane side to side as you get the mail from the mailbox (cane skills)	
Week 4	Name the parts of your cane - grip, shaft, tip (cane exploration)	Practice telling the compass directions by the sun (compass directions)	Go outside and play "tell me what you hear" listen to all the outside sounds (auditory abilities)	Play "Hunt 'n Sniff" by finding distinctive smells in your home. (olfactory development)	Find items that are opposites – big/little, short/long (Quantitative concepts)	

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)