



## O&M for May

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

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Week 1</b>	Explore a bus station with a parent (public transportation)	Sing and do "Head, Shoulders, Knees, Toes" 5 times (body imagery)	Travel on a bus with a family member – pull the cord to stop when directed (public transportation)	Jump 5 times and say 5 things you love about your mom. (body awareness)	Go to the store to buy something for your mom for Mother's Day (community)	
<b>Week 2</b>	Stand on 1 foot for 5 seconds – try 3 times and switch foot (balance)	Touch your elbow to 5 other body parts (body imagery)	Play Simon Says with a friend (following directives)	Make faces in the mirror or touch someone's face while making faces. (body imagery)	Walk heel to toe on something skinny. (balance and posture)	
<b>Week 3</b>	Play the Hokey Pokey with a friend. (body imagery)	Put a bean bag or sticker on 10 body parts. (body imagery)	Play a hand game like itsy bitsy spider. (Body and positional awareness)	Touch front, back, side, top, and bottom of your body. (identify body planes)	Bend forward, backwards, and sideways 3 times each (body movement & directions)	
<b>Week 4</b>	Explore flowers and name colors, textures, shapes (colors, texture, shapes)	Rub lotion on your legs, arms, hands, and feet. (body imagery)	Practice stepping sideways – 3 times each side (directional movement)	Log roll 10 times each way. (body awareness)	Describe the shape of this paper. (shapes)	

Have a wonderful summer and keep walking and exploring!

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)