

HANDS ON ACTIVITIES



Consider visual schedules and varied types of activities to improve engagement.



Scavenger hunt for colors, letters, numbers or even using clues



Building helps with so many skills so get your loved one involved in a way that interests them



Paint by stickers and other activity books are great for fine motor and cognitive development



Create sensory bins and remember to swap them out



Try matching games with pictures or objects. They can really help engage different ages and stages



Movement matters! Try yoga or exercise cards, or even dice to help your loved one have fun with physical activity

Listening to stories and reading is an important part of each day



Hot Dots have a lot of great learning cards for PreK-3rd grade level

Try some no sew activities to keep those hands busy

