We are here - please reach out if we can help!

First, wash hands, then, ipad
First, eat sandwich, then, strawberries
First, practice writing, then play bubbles

A copy of these visuals are attached to this email. You can print it out to use or simply draw your own. For some children, simple pictures can be used rather than written words.

First - Breakfast
Next - Wash and Brush Teeth
Then - Play/Listen to Story
Last - Ipad

* To not know how to homeschool your own child
* To go kids more screen time than usual
* To make a colorful daily schedule or just wing it
* To not magically feel motivated to work out at home or take on a new hobby
* To not feel okay

This is not normal for any of us.
Please be kind to yourself.

From the OT Toolbox via Facebook.
Movement is a good way to get out some energy that is building up. There are several ways you could do some movement activities:

- **Imitation** - You model and say something “Do it like me!”
- **Spoken direction** - “Jump, then turn around!”
- **Pictures** - show a picture of an activity, like marching

It is challenging to talk to kids about what is going on in the world right now. This is a social story that may help some families. It is also attached to this email. It is a booklet so print 2 sided, flipping on the short end. The stack the pages on top of each other and fold.

If you would like help making a customized version, please contact Michelle Hascall at michelleh@learnwithmasc.org
If coming to therapy right now isn’t what is best for your family, please know we understand. Every family has different circumstances and things are evolving quickly.

If you would like to continue to work on skills at home, we can email you a list of recently mastered targets. Email Michelle Hascall at michelleh@learnwithmasc.org for your child’s specific list.

**Ideas to Celebrate:**

https://nationaldaycalendar.com/march/

March 26 - Epilepsy Awareness Day - Purple Day
- Go on a scavenger hunt around the house and find all the purple things
- Set out a small set of items on the table and find the purple things

March 27 - National Scribble Day
- Make some scribble art, practice selecting and labeling various colors/shapes
- Scribble fast/slow, big/little
- Tape paper under table, have child lay on his/her back and scribble

March 28 - National Something on a Stick Day
- Go on a walk and collect sticks, touch other items with sticks and label
- Eat dinner/snack off of toothpicks

March 29 - National Lemon Chiffon Cake Day (You know what to do!)

March 30 - National Pencil Day
- Practice adjectives and prepositions: small/large, long/short, under the table/on the table/on top of the paper/under the paper
- Count the pencils
- Sort pencils vs. crayons (or cotton balls)

March 31 - National Crayon Day
- Receptive/Expressive Colors
- Sequencing (Red, Blue, then Green)

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**OT Home Scavenger Hunt**

- 1 book
- Bag of small items (small blocks/cubes, small Leggos, small toys)
- Beans
- Broken Crayons
- Card board box
- Chalk
- Chip clips or clothes pins
- Cline
- Coloring book
- Cotton balls
- Empty clip from paper/pencil/pens/paint
- Deck of cards
- Deck
- Empty egg carton
- Hose connector
- Markers
- Matties
- Pen & Paper
- Pigs, Real and handmade piggy banks
- Plastic container with lid
- Pop Dots
- Playing Cards
- Popsicle sticks
- Puzzles
- Q Tips
- Rice
- Rubber bands (soup can to wrap around)
- Scissors
- Shaving Cream
- Shoe & shoe lace
- Small ball
- Spicy bottle
- Stuffed animal
- Sweater or shirt with buttons
- Tennis ball
- Tweezers/kitchen tongs
- Toothpicks

What items can you locate to put into your Occupational Therapy Tool Box? Put on your detective hat and get in the right frame of mind; it’s time to locate any of these items you can find! A list or a few - anything will do. A box or a bag, anything you have. Let’s get hunting!

From The OT Toolbox via Facebook