







ACTIVITY #5: WINTER "ROLL A MOVE"

Have your child roll a dice and then complete the corresponding movement. Then, encourage your child to color in the box. This challenges motor planning, coordination, and provides sought sensory input. If you do not have a dice, there are several free dice apps, or simply have your child pick a number.

<i>Number to Roll</i>	<i>Movement</i>
1	Put on Reindeer Antlers 
2	Snow Angel 
3	Narwhal Horn 
4	Ice Skate Shuffle 
5	Snowball 
6	Waddle like a Penguin 

CREATING A BEDTIME ROUTINE

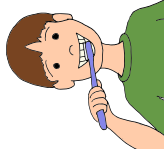


Below you will find a sample visual for a bedtime routine. Feel free to cut out images and paste in whatever order works for your family. You may omit any activities that are not relevant to your routine, and use empty boxes to add steps unique to your family.

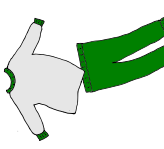
If you would like to provide your child some choices, you may choose the activities and let your child put them in whatever order they choose.

Bedtime Routine

1st	2nd	3rd	4th	5th	6th	7th	8th




Brush Teeth



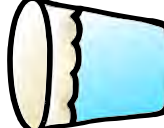
Put on Pajamas



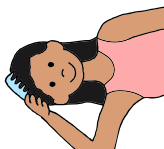
Bedtime Story



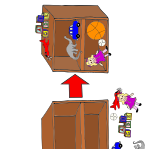
Take a Bath




Drink Water




Comb Hair




Put Away Toys



Listen to Lullaby



Get Stuffed Animal or Blanket



Go to Bed