

TOOLS TO GROW
at home

spring 

HOME THERAPY
PACKET

PRESCHOOL - SCHOOL AGE CHILDREN





spring

HOME THERAPY

SUGGESTED BOOK LIST

BOOK 1:

Little White Rabbit
By : Kevin Henkes

BOOK 2:

How to Grow a Friend
By: Sara Gillingham

BOOK 3:

Grow Flower Grow
By: Lisa Bruce

BOOK 4:

Spring Joy
By: Liesbet Slegers

BOOK 5:

Up, Down, & Around
By: Katherine Ayres

BOOK 6:

The Very
Hungry Caterpillar
By: Eric Carle

BOOK 7:

Rose's Garden and Sky
Color
By: Peter Reynolds

BOOK 8:

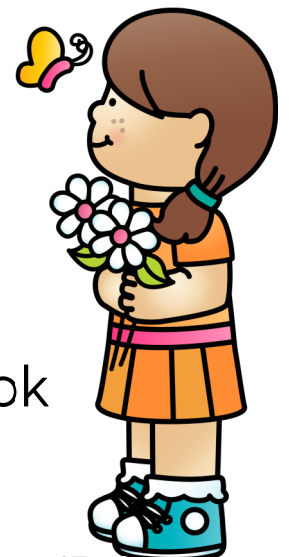
The Listening Walk
By: Paul Showers

BOOK 9:

Yoga Bunny
By: Brian Russo

BOOK 10:

The EARTH Book
By: Todd Parr





FLOWER pose

1. Sit on bottom, body upright.
2. Bring bottoms of feet together and knees out to the sides.
3. Thread hands under lifted knees.



TREE pose

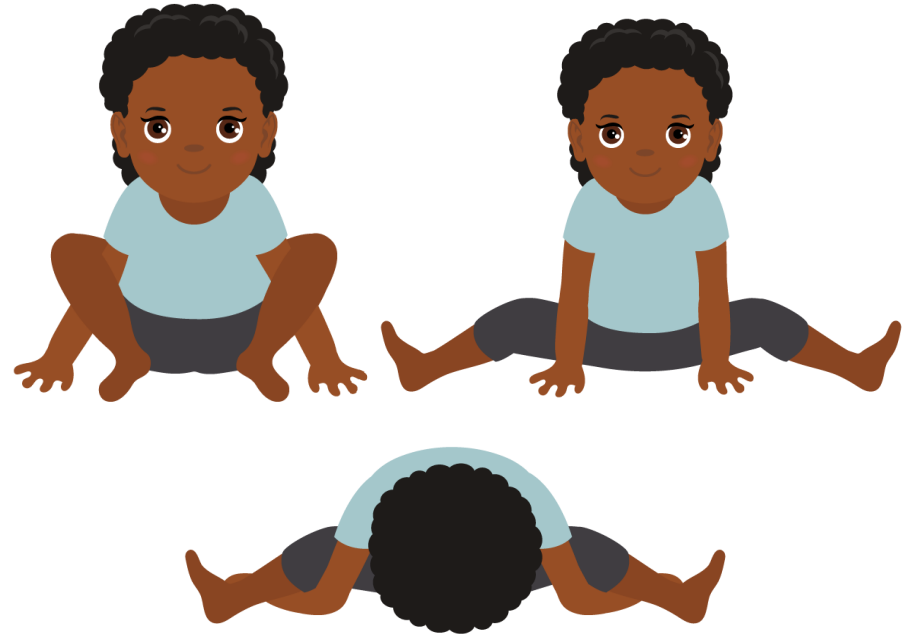
1. Stand tall, hands to heart.
2. Place one foot on side of ankle or calf.
3. Stretch arms up like branches.



©ToolsToGrowOT

STAR pose

1. Stand tall, with feet shoulder width apart.
2. Extend arms straight out to the sides.
3. Stand still or sway back and forth.



©ToolsToGrowOT

TURTLE pose

1. Sit on bottom, legs hip-width apart.
2. Bend knees, and thread arms under.
3. Bend forward, touching head to the ground.



BUTTERFLY pose

1. Sit up straight and tall.
2. Hold bottoms of feet together with hands.
3. Move your knees up and down, like butterfly wings, and focus on your breath.



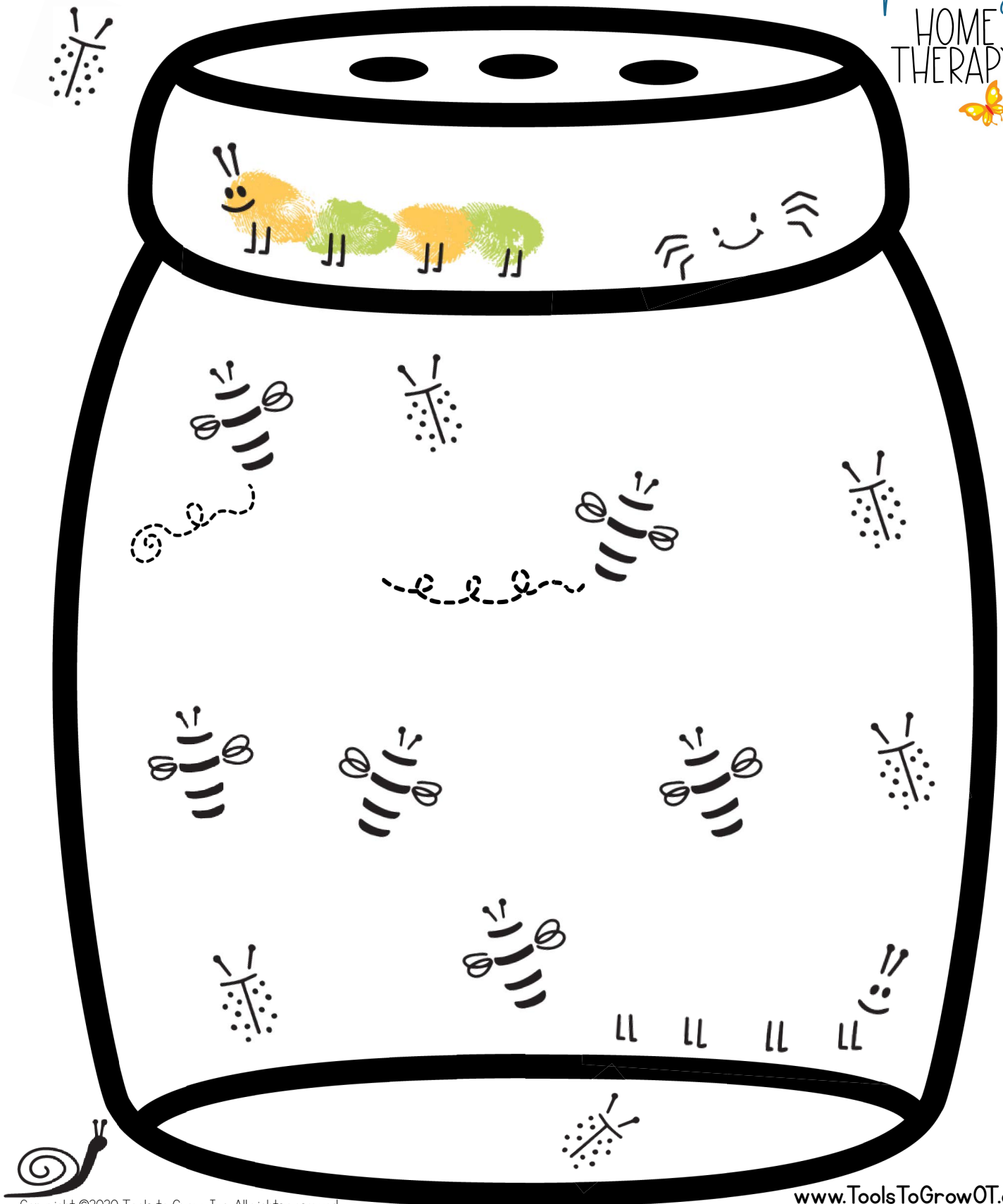
CHILD'S pose

1. Sit back on your heels.
2. Fold forward over your knees.
3. Stretch arms forward or back by feet.

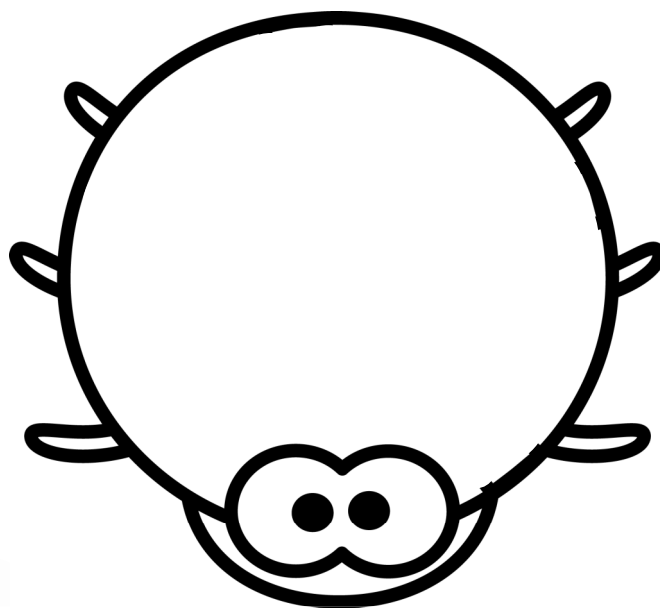
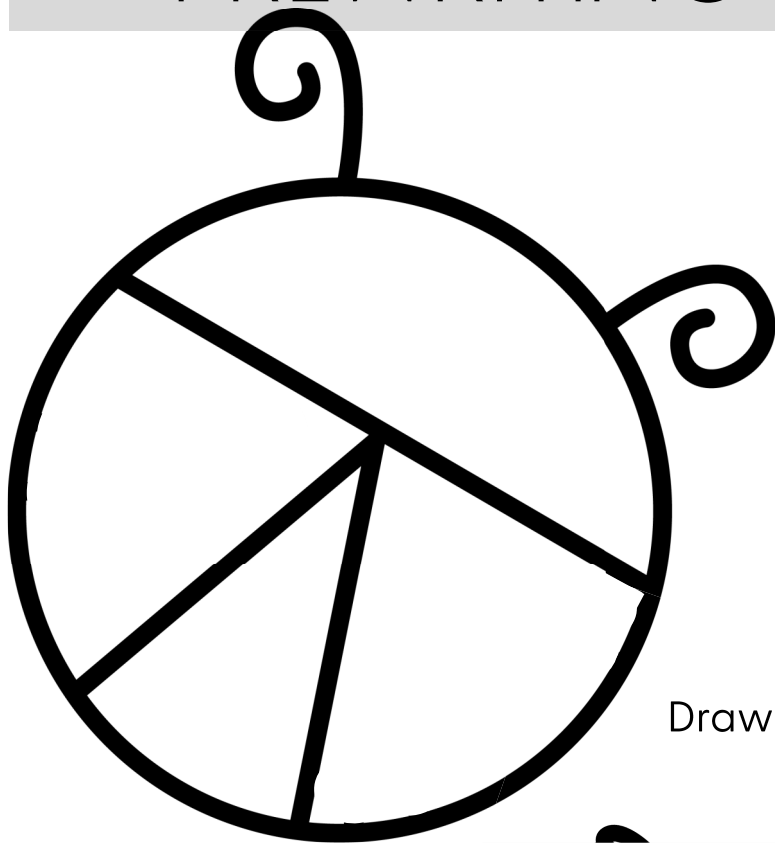
FINGERPRINT PAINTING

Use pad of finger to dab paint or ink on the insects.

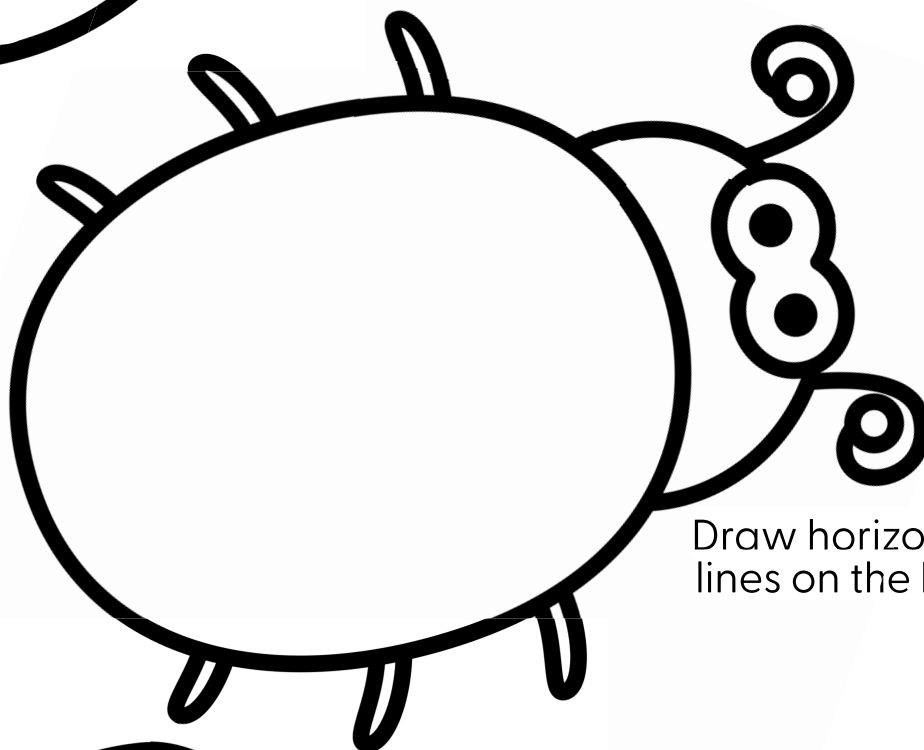
spring
HOME
THERAPY



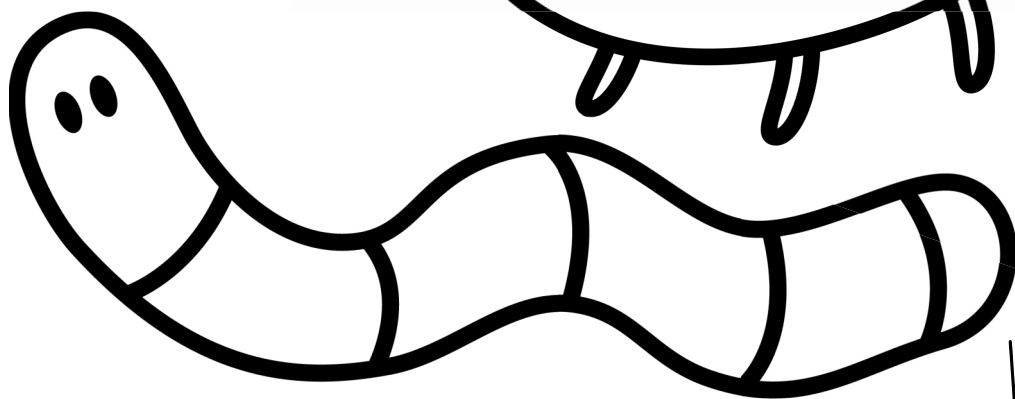
PREWRITING BUG FUN!



Draw circles on the bugs.



Draw horizontal lines on the bug.



Draw vertical lines on the worm.

VOCABULARY CARDS

PURPOSE:

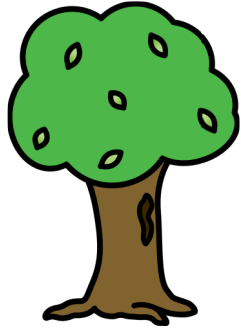
- These vocabulary cards are rectangular learning aids that have a printed word with an accompanying illustration.
- These cards will help children develop the oral vocabulary related to this Spring theme.

INSTRUCTIONS:

1. Print out the vocabulary cards (4 per page).
2. Cut out each card.

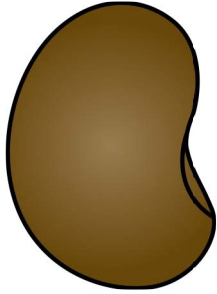
THESE CARDS CAN BE USED:

- While reading theme based literature.
- During the practice of theme based yoga lessons.
- As visuals to reinforce previous lessons.
- Other activities, including: Sorting, BINGO, Memory Match, Picture to word Match, etc.



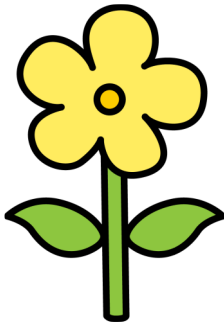
Tree

©ToolsToGrowOT.com



Seed

©ToolsToGrowOT.com



Flower

©ToolsToGrowOT.com



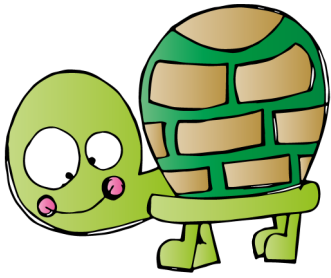
Rain

©ToolsToGrowOT.com



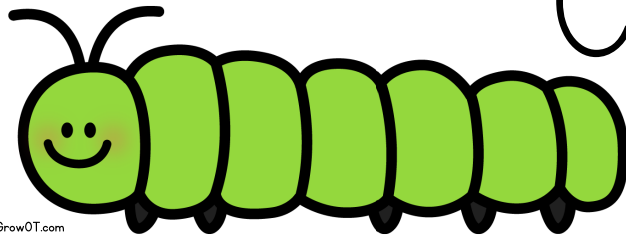
Wind

©ToolsToGrowOT.com



Turtle

©ToolsToGrowOT.com



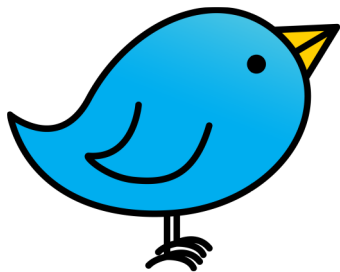
Caterpillar

©ToolsToGrowOT.com



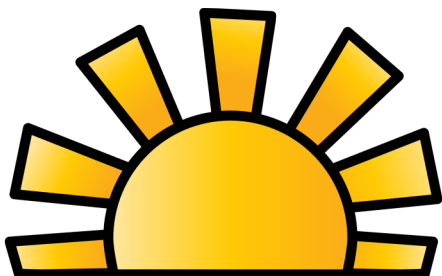
Bunny

©ToolsToGrowOT.com



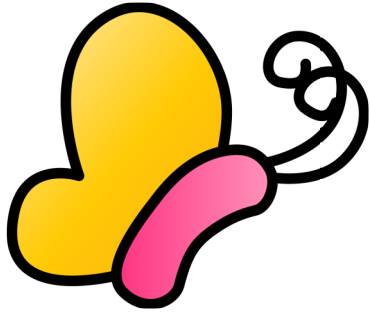
Bird

©ToolsToGrowOT.com



Sunny

©ToolsToGrowOT.com



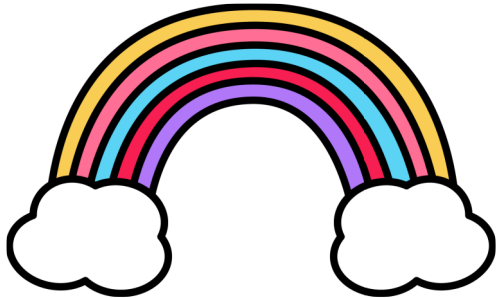
Butterfly

©ToolsToGrowOT.com



Cloudy

©ToolsToGrowOT.com



Rainbow

©ToolsToGrowOT.com



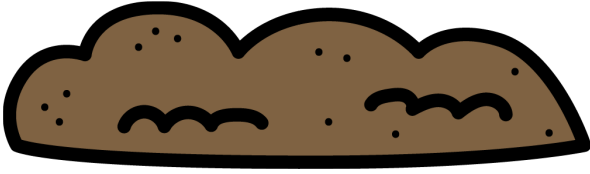
Umbrella

©ToolsToGrowOT.com



Raincoat

©ToolsToGrowOT.com



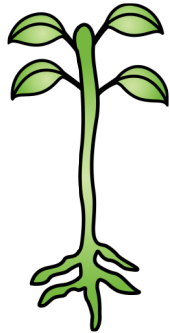
Mud

©ToolsToGrowOT.com



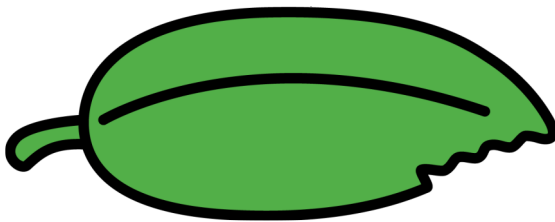
Bud

©ToolsToGrowOT.com



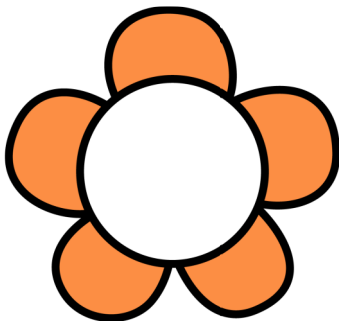
Stem

©ToolsToGrowOT.com



Leaf

©ToolsToGrowOT.com



Petals

©ToolsToGrowOT.com

SORTING BOARDS

»» VERSION 1

INSTRUCTIONS:

1. Print each sorting mat (3 in total = One mat per page)
2. Using the following vocabulary cards, sort each card into the appropriate sorting mat:
 - Seed
 - Caterpillar
 - Flower
 - Tree
 - Wind
 - Rain
 - Bird
 - Bud
 - Bunny
 - Butterfly
 - Sunny
 - Cool
3. Optional: Glue cards onto sorting mats

»» VERSION 2

INSTRUCTIONS:

1. Print Sorting mat (one page)
2. Print and cut out each sorting card (Color and Black/White Versions Included)
3. Black/White Version - color each item
4. Using the vocabulary cards, sort each card into the appropriate category
5. Optional: Glue and color cards onto sorting mat

spring SORTING MAT

THINGS THAT GROW



ToolsToGrowOT.com

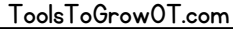
spring SORTING MAT

ANIMALS/INSECTS



ToolsToGrowOT.com

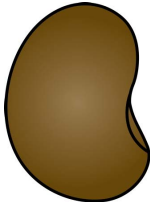
WEATHER WORDS



spring SORTING CARDS

Cut out each card below.

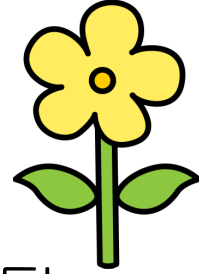
Using the sorting mat on the next page,
place each card in the category it belongs.



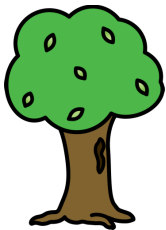
Seed



Caterpillar



Flower



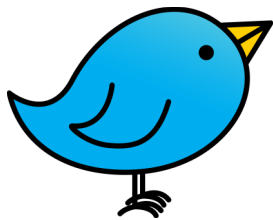
Tree



Wind



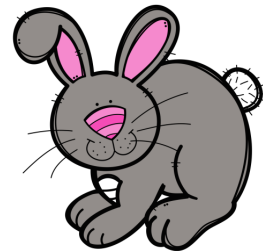
Rain



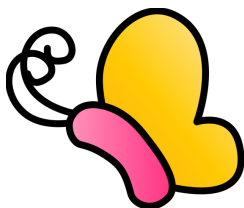
Bird



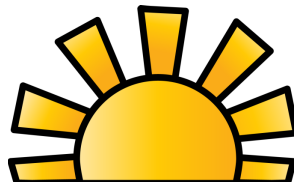
Bud



Bunny



Butterfly



Sunny



Cloudy

spring SORTING CARDS

Color each item. Cut out each card below.

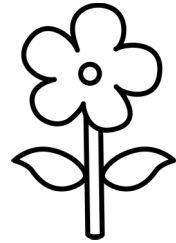
Using the sorting mat on the next page,
place each card in the category it belongs.



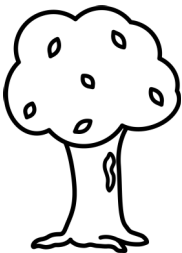
Seed



Caterpillar



Flower



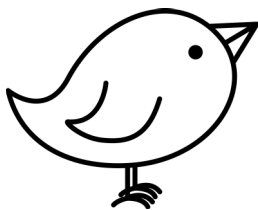
Tree



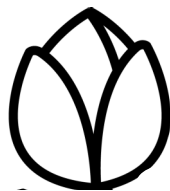
Wind



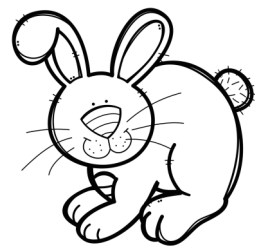
Rain



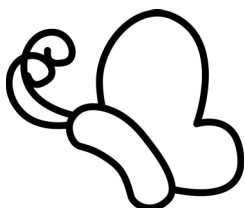
Bird



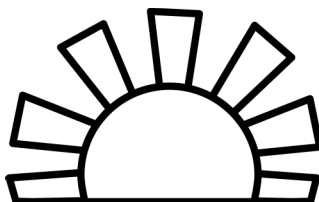
Bud



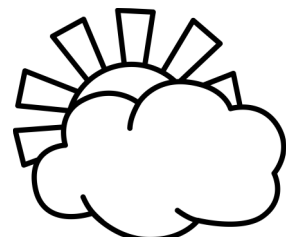
Bunny



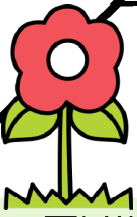
Butterfly



Sunny



Cloudy



spring SORTING MAT



©ToolsToGrowOT.com

THINGS THAT
GROW

ANIMALS/
INSECTS

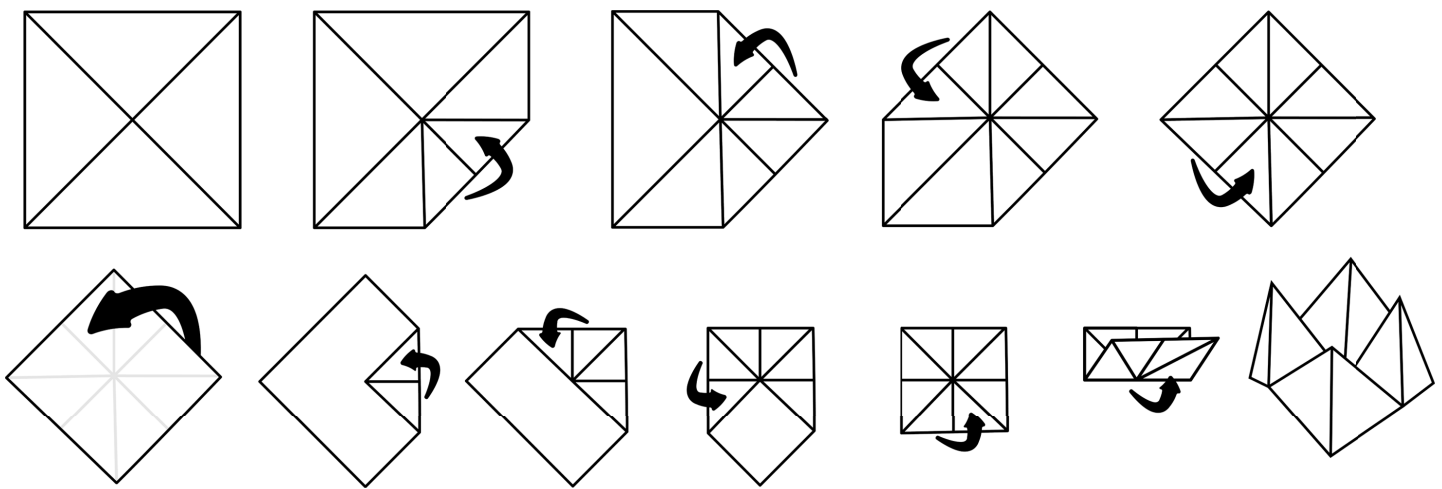
WEATHER
WORDS

SPRING "WH" FORTUNE TELLER

INSTRUCTIONS:

Cut Assemble Cootie Catcher/Origami Fortune Teller:

1. Print out Fortune Teller: 3 Versions Included!
2. Cut out large square shape on the dotted lines.
3. Fold the solid lines as instructed:

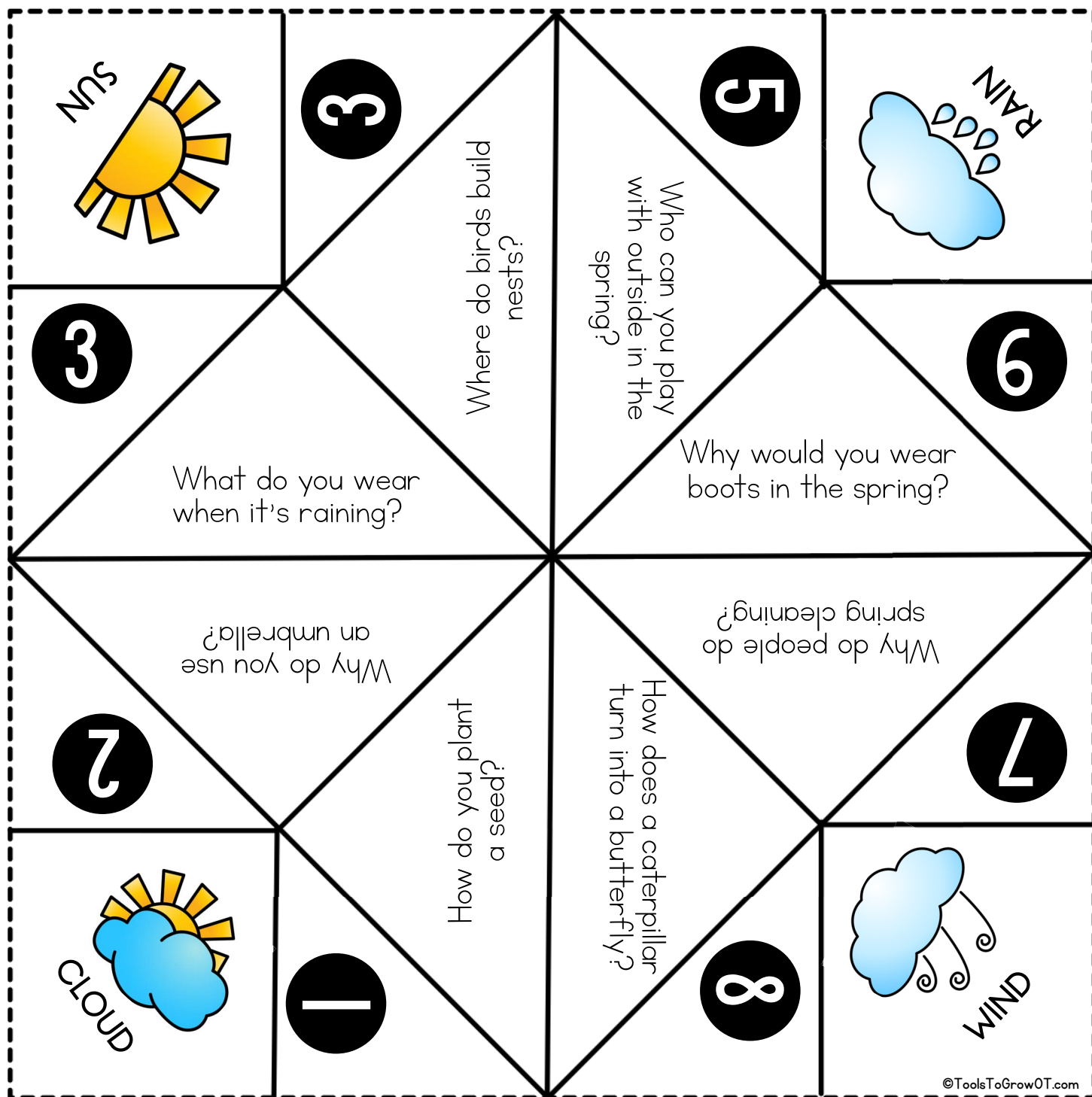


HOW TO USE:

Use as conversation/topic discussion or writing prompts.

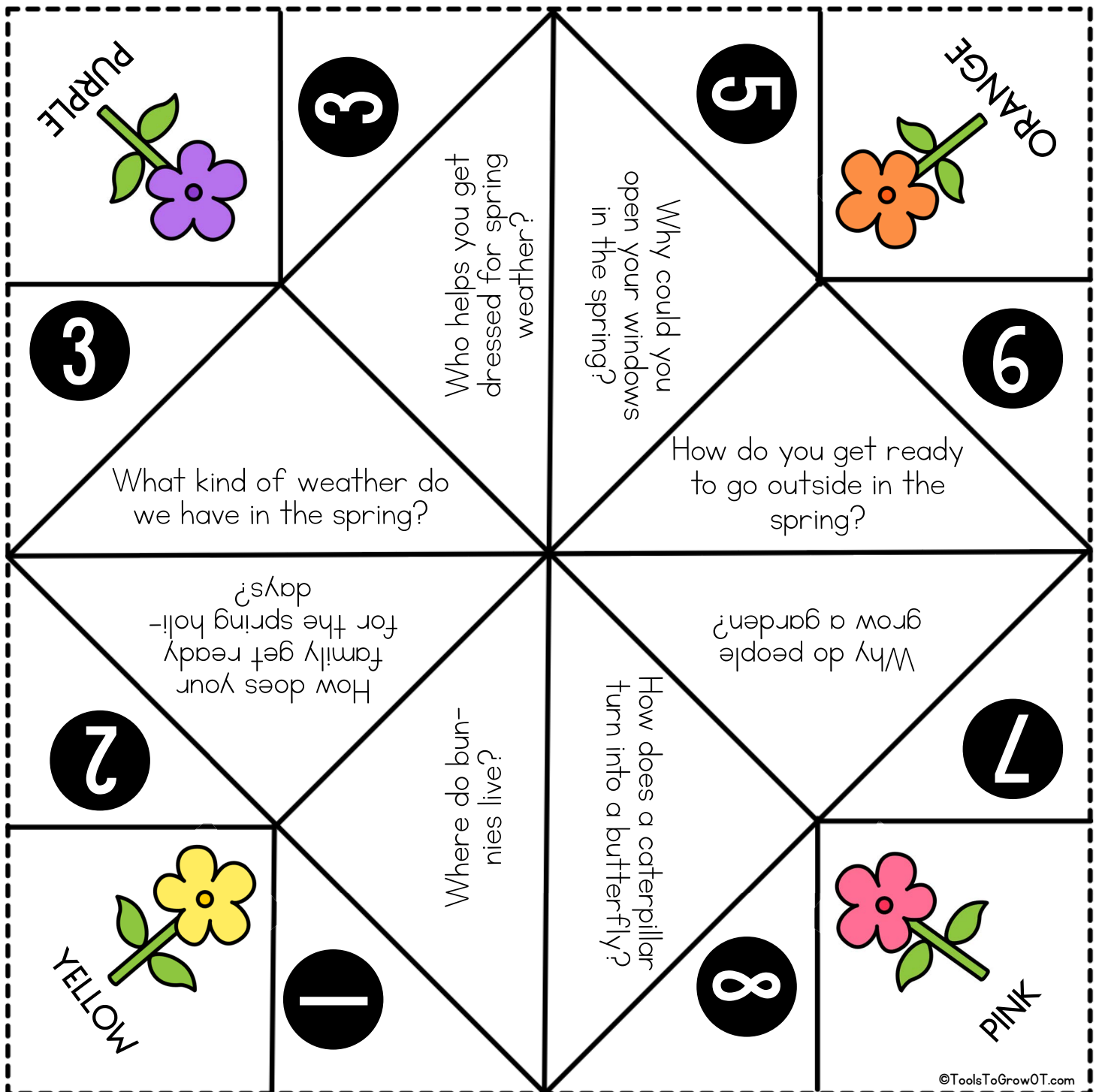
SPRING FORTUNE TELLER

»» VERSION 1 



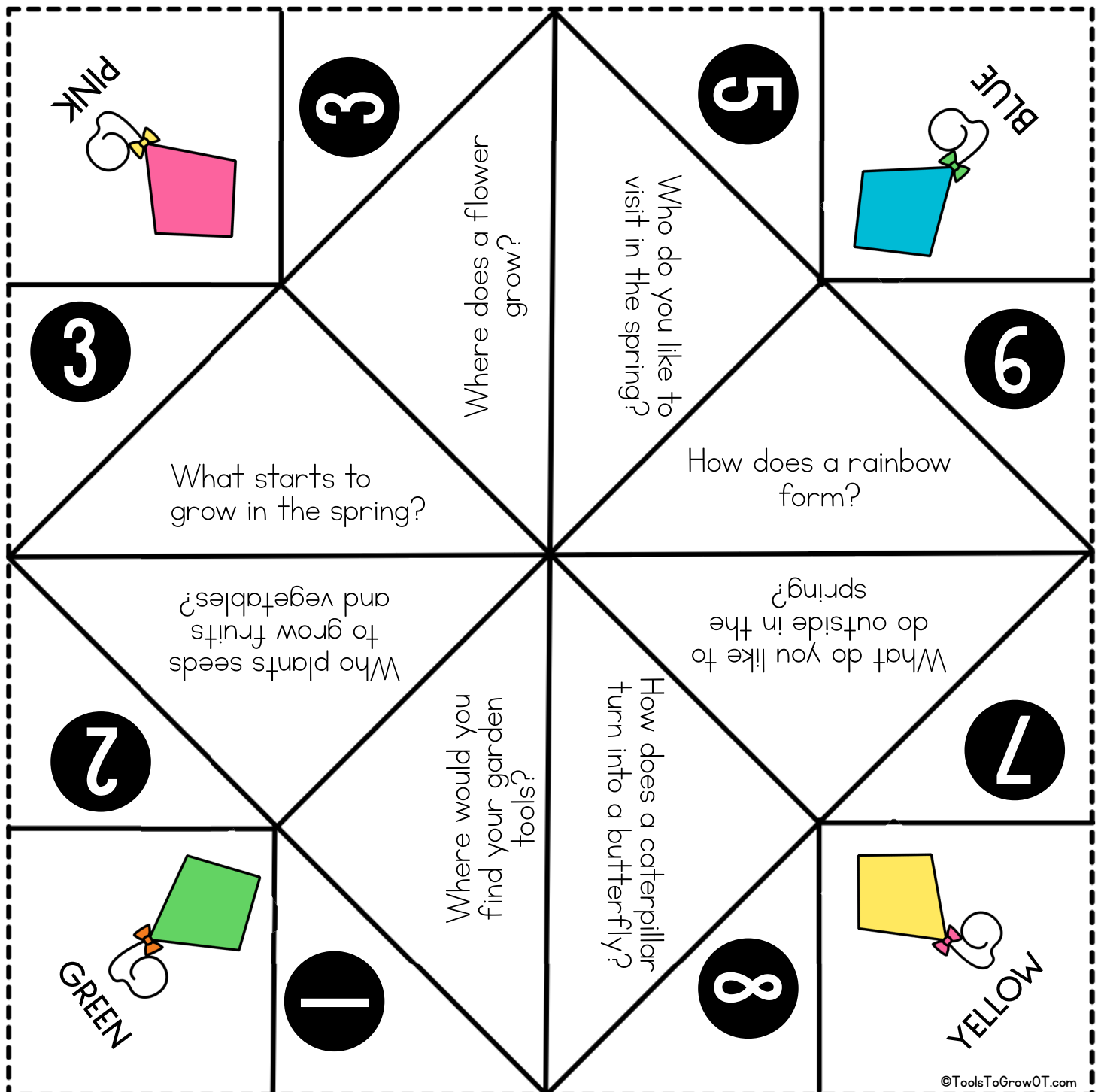
SPRING FORTUNE TELLER

»» VERSION 2 



SPRING FORTUNE TELLER

»» VERSION 3



FINE MOTOR SKILLS

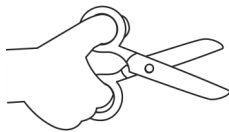
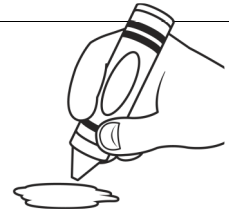
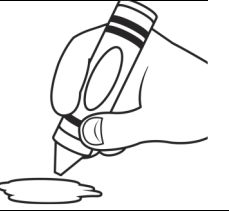
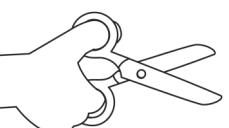
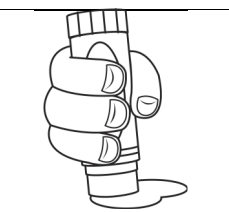
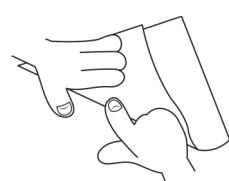
WHAT IS HIDING IN THE GRASS?

PURPOSE:

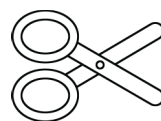
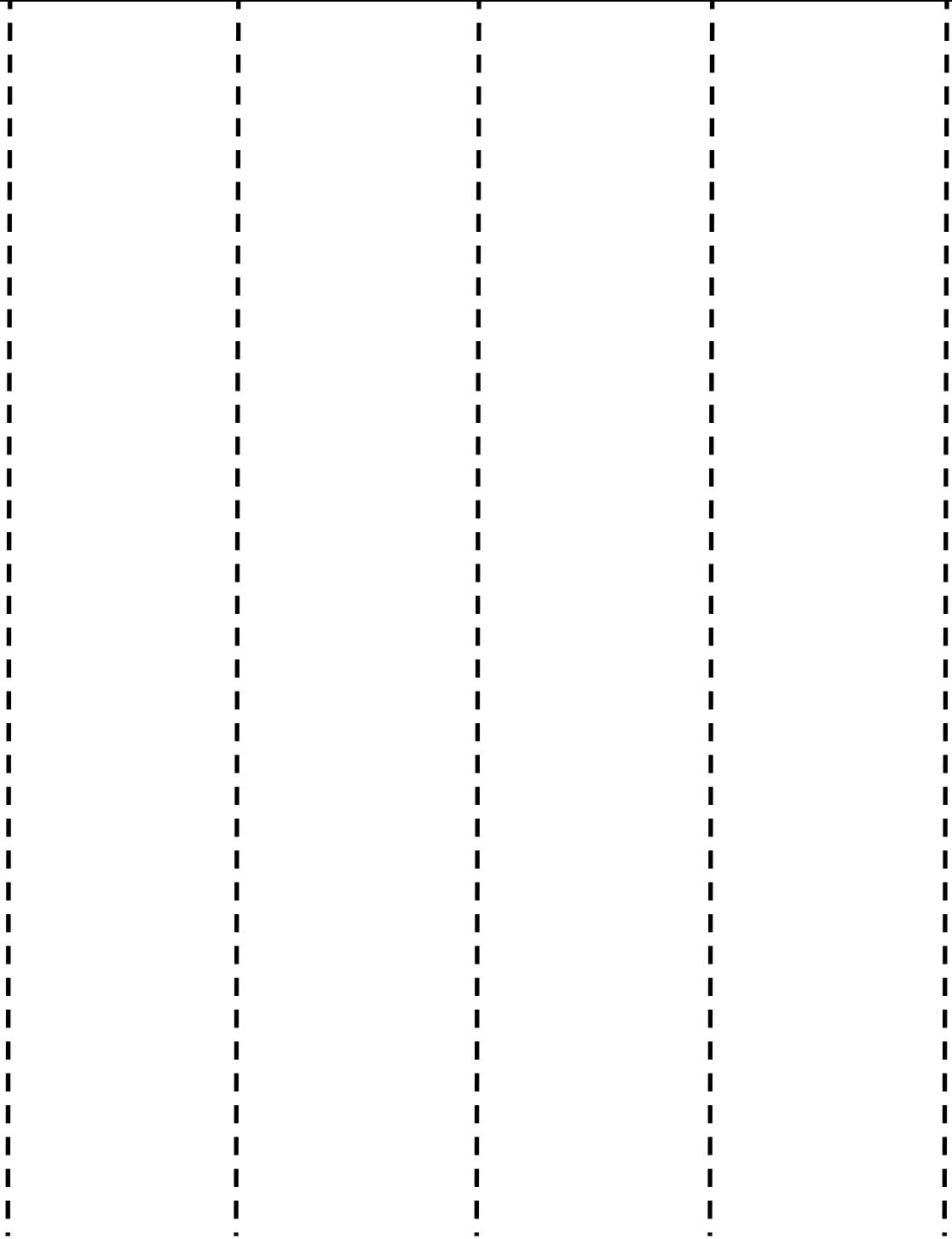
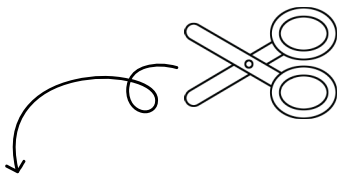
- This fine motor activity will address visual motor skills for coloring, and bilateral coordination skills for scissor use and folding skills.



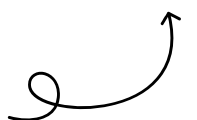
INSTRUCTIONS:

1	Cut out the grass on the <u>solid</u> horizontal lines.	
2	Color the grass green. Color on <u>both</u> sides of the paper.	
3	Color the bugs.	
4	Cut along each <u>dotted</u> line on grass to make blades of grass.	
5	Glue grass onto bug page as directed.	
6	Fold down each blade of grass to find the bugs!	

CUT HERE

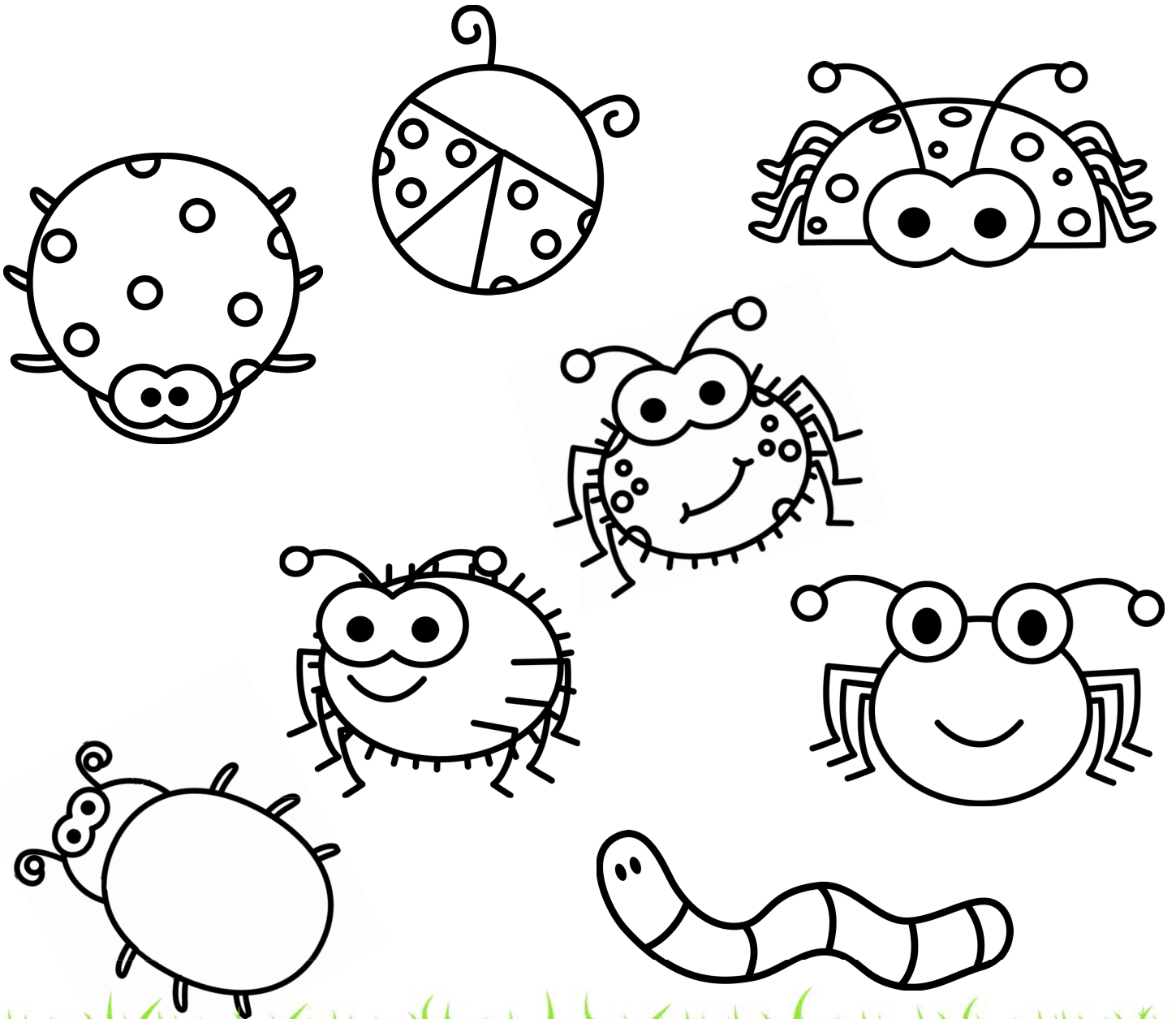


CUT HERE



WHAT IS HIDING IN THE GRASS?

BUG DETECTIVE



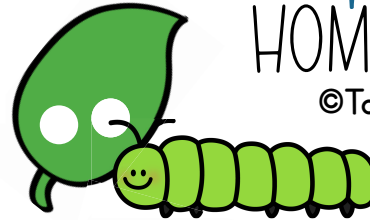
www.ToolsToGrowOT.com

GLUE GRASS HERE

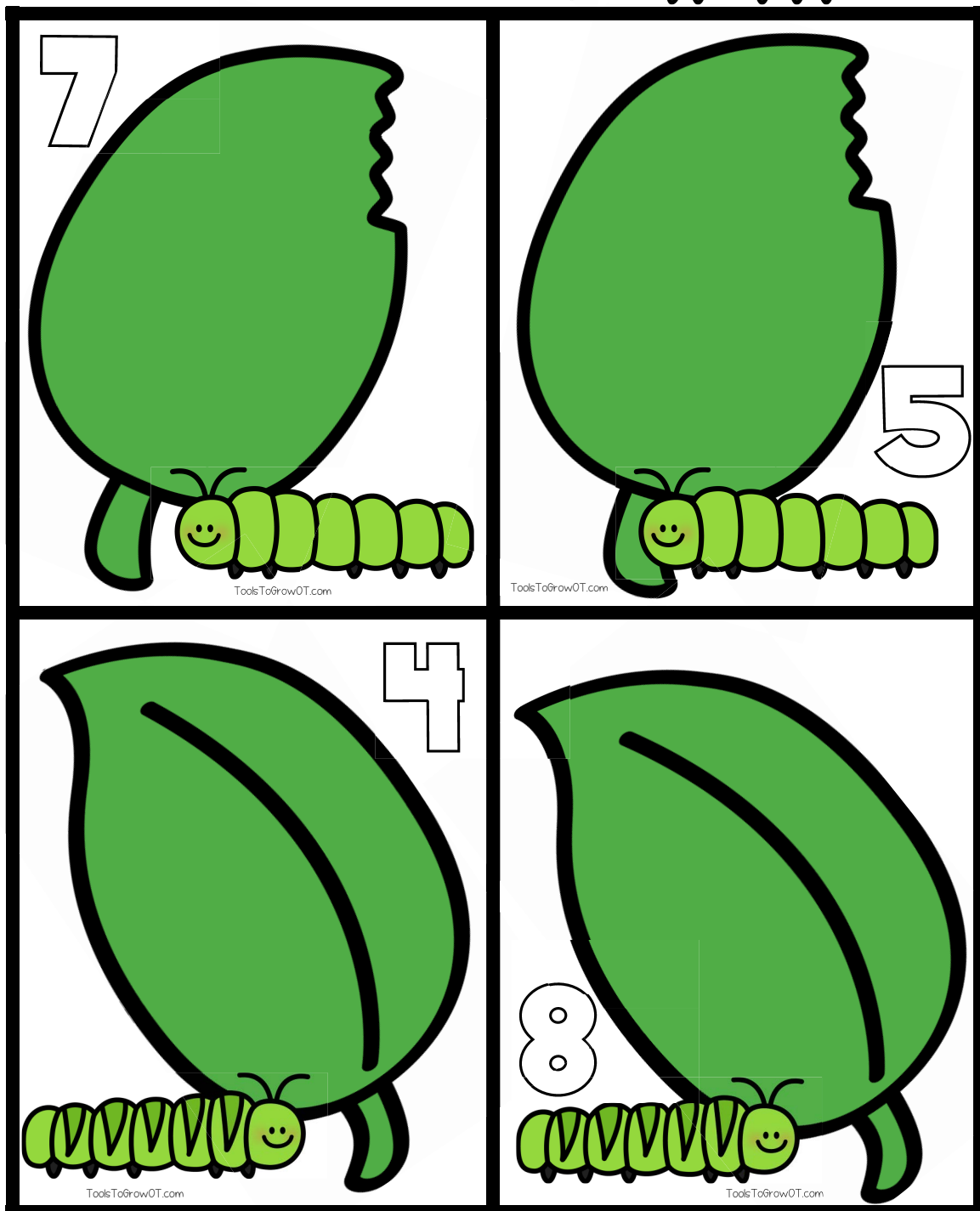
CATERPILLAR HOLE PUNCH



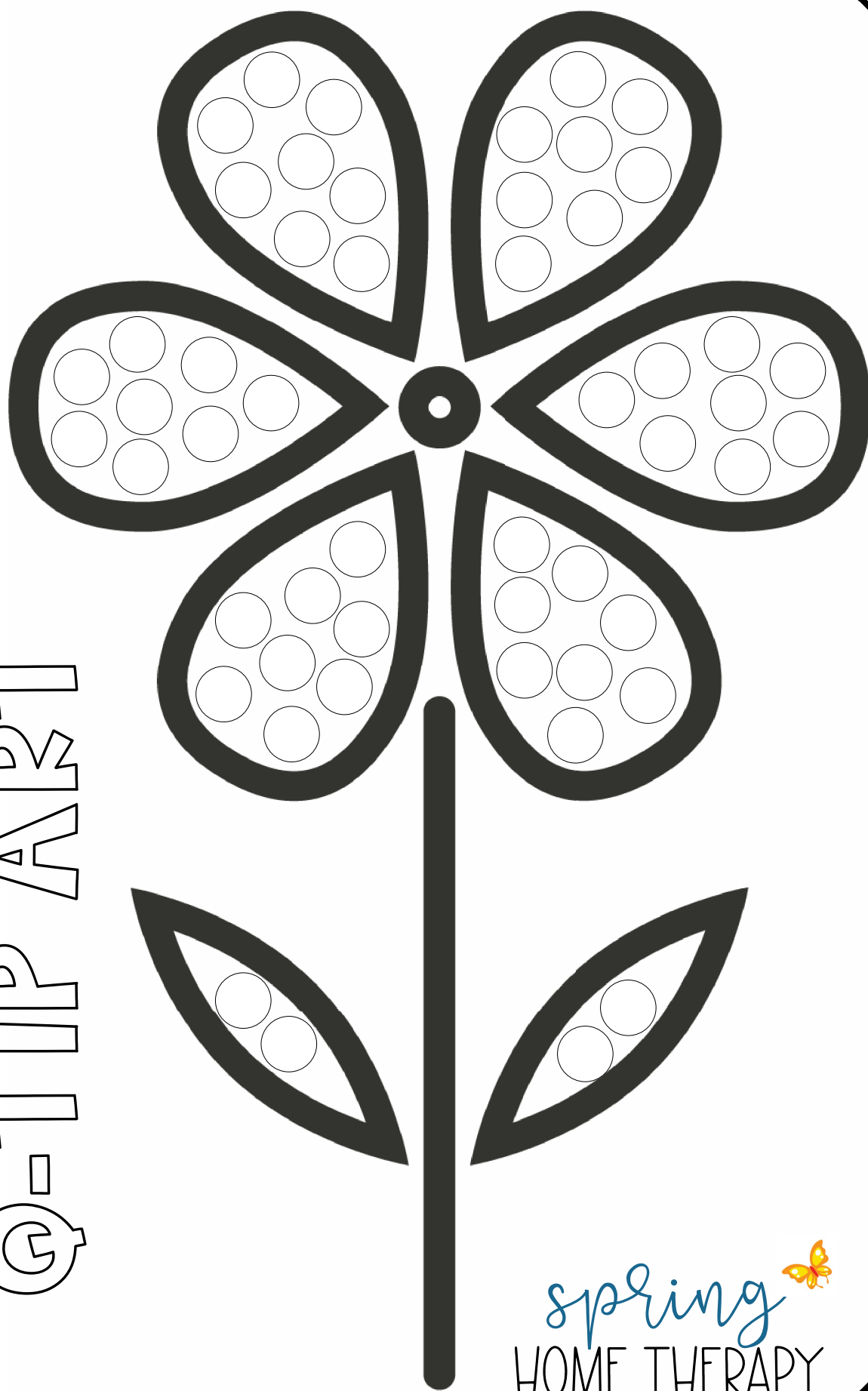
Cut out each card below. Using a hole punch, punch out "Caterpillar Holes" in each leaf.



spring
HOME THERAPY
©ToolsToGrowOT.com



Flower Q-TIP ART



GROSS MOTOR SPRING ANIMAL WALKS

FOX WALK



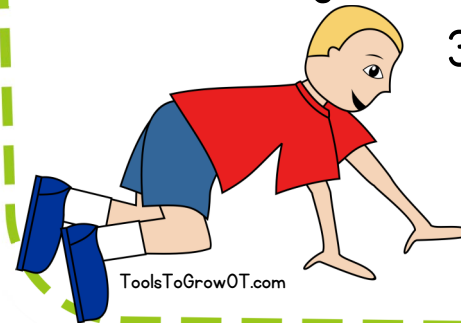
1. Bend down and place your fingertips on your toes.
2. Move each leg forward one at a time.
3. Try to keep your fingertips on your toes!

ToolsToGrowOT.com

RACCOON WALK



1. Kneels on all fours.
2. Slowly move your right arm and left leg at the same time.



3. Next move your left arm and right leg at same time.

ToolsToGrowOT.com

HEDGEHOG RUN



1. Bend forward to place hands on floor.
2. Quickly move forward, alternating your right foot and right hand together.
3. Next quickly move your left hand and left foot together.



ToolsToGrowOT.com

SQUIRREL JUMP



1. Place your hands in front of you.
2. Push off with your feet to spring forward.

ToolsToGrowOT.com

BEAR WALK



1. Bend forward to place hands on floor.
2. Move right hand and right foot at the same time.
3. Move left foot and left hand at the same time.
4. Go Slow!

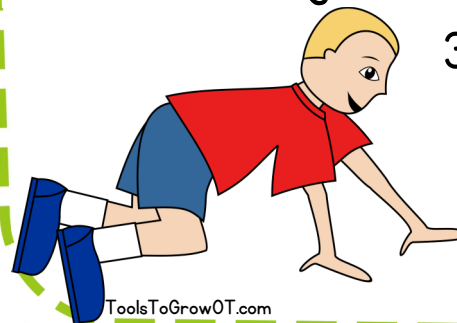


ToolsToGrowOT.com

WOLF WALK



1. Kneels on all fours.
2. Slowly move your right arm and left leg at the same time.
3. Next move your left arm and right leg at same time.
4. Howl!



ToolsToGrowOT.com

BIRD FLY



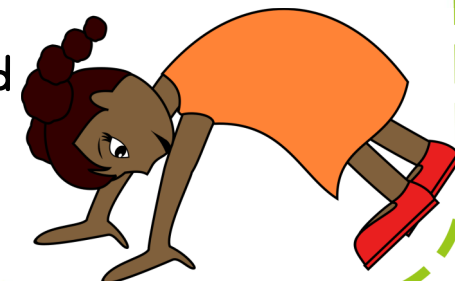
1. Place your hands on your hips and bend your elbows.
2. Move your elbows back and forth to flap your wings!

ToolsToGrowOT.com

MOUSE RUN



1. Bend forward to place hands on the floor.
2. Move right hand and right foot forward at the same time.
3. Move left hand and left foot forward at the same time.
4. Go fast!



ToolsToGrowOT.com