



SUMMER OT ACTIVITIES FOR SECONDARY STUDENTS

• Visual Skills

- Use I spy in both new and familiar environments, take turns describing or finding what you see.
- Have fun with flashlights and include them in I spy, flashlight tag, making shadow puppets, or having others guess what you are writing in the sky.
- Scan for items on grocery store shelves or cabinets.
- Play games with the family like Scrabble, Bananagrams, crossword puzzles, sudoku, Battleship, puzzles, Connect 4, cards (and learn how to shuffle while you're at it!)

• Writing Skills

- Keep a journal.
- Write your summer bucket list to check off as you go.
- Make grocery lists or packing lists for your planned activities.
- Type emails or write letters to a pen pal.

• Executive Functioning

- Practice listing the steps and materials for activities you are planning or for chores around the house. Some multi-step activities may be:
 - Packing for traveling, camping, or a picnic.
 - Spring cleaning and changing clothes in your closets.
 - Washing the car.
 - Feeding or walking the dog.
 - Helping make dinner or setting the table.

• Sensory Experiences

- Take nature walks and try to find things that activate each of the senses
- Make a nature scrapbook or collage with what you find
- Take advantage of the warm weather for hikes, swimming, playing sports, biking, and getting your body moving!