

Week of April 21-24 - OT Lesson Plan



Earth Day is Wednesday, April 22

It's a great opportunity to get outside, have some fun and explore the world around you!

Here are some ideas to help you celebrate!

1. Fun Earth Day Games for Kids - Ideas from the website the Spruce.com

Earth Day is a great excuse to get kids outside and organize fun games for them to play. Centered around nature, these activities show kids the beauty of being outside, help them explore the natural world, and teach valuable lessons about recycling and caring for the planet. (Written by [Christine Gauvreau](#), from the website the Spruce.com)

[13 Fun Earth Day Games for Kids](#)

2. Do Yoga Outside

Use these Yoga inspired moves from [Kidsmasterskills.com](#)
(See the attached sheet below)

3. With a recycled water bottle - make a Glitter Jar

Help your body calm down by making a Glitter Jar

1. Fill your bottle about 1/8 to 1/3 full with glue. The more glue you add, the longer it will take for the glitter to settle after shaking.
2. Add glitter, start with a tablespoon or so. Take a deep breath as you watch your child pour glitter everywhere but inside the bottle. PS: a slightly damp paper towel wipes up fine glitter pretty well. A vacuum works even better.
3. Fill the bottle the rest of the way with warm water. At this step, before filling the bottle all the way, you can leave a little less than an inch of space at the top of the bottle, cap it, and shake it to see if you want to add more glitter, more glue, or just more water.
4. When the bottle is full up to the neck with water, glitter, and glue, cap it. I recommend using a hot glue gun to seal the cap closed. I did this by applying a single ring of glue all around the top threading and then screwing the cap on. *(recipe copied from HeartMindKids)

4. Do you and your family recycle? Can you write 5 items that you and your family recycle. (examples - Waterbottle, toilet paper rolls, cans)