



Author: **Gina Higbie, Occupational Therapist for Preschool**

Date: **5/6/2020**

Activity: **Going on a Picnic**

Description of activity:

We are going on a picnic today. We will have a yummy snack and will practice opening all of our lunch boxes, containers, and bags.

Materials:

Lunch Box

Variety of containers (Ziploc bags, Tupperware, bento boxes, etc)

Blanket

Snack or lunch (even pretend food)

Instructions:

The goal of this activity is to get kids ready to participate in lunch at preschool or kindergarten. A picnic is a fun way to work on these skills at home. You want to allow your child to do as much as possible by themselves. This includes carrying their own lunchbox, completing zippers, and opening up all the container. Mix up the types of containers you put your kid's food in so they can practice with different fasteners. I have included a little video with examples of different containers and some ideas to get you going.

Grading:

If your child does not have the fine motor skills for this activity, you can still have them participate. They can tap their lunchbox or look at it with your cue and then you can open it for them. Or you can use their communication device for "open" or "lunch". Use hand under hand to help reach for different foods in their lunch box. Give them choices of what foods they want and they can indicate answer by tapping, visual gaze, or communication board.

Target areas:

Fine motor skills, sequencing, choice making, independent living skills, recreation and leisure.

Video Link: Click to watch a demonstration of this activity:

<https://youtu.be/eDNA3ECr0MI>

