

OT Advent Calendar

Welcome to our Occupational Therapy Advent Calendar! Each day in December brings a new activity designed to support children's developmental skills while spreading festive cheer. Enjoy these simple, fun, and budget-friendly ideas to make the season magical and therapeutic!

December 1

Activity: Decorate paper ornaments with crayons, markers, or paint. Add textures for sensory fun.

December 2

Activity: Snowflake Jumps - Tape snowflakes to the floor and jump between them.

December 3

Activity: Create a sensory bin with 'snow' and holiday objects to find.

December 4

Activity: Make a paper chain. Use scissors and glue to practise bilateral coordination.

December 5

Activity: Cookie Cutter Play Dough - Press cookie cutters into firm dough.

December 6

Activity: Holiday I-Spy - Search for holiday-themed objects to boost visual focus.

December 7

Activity: Thread beads onto a string to create a Christmas garland.

December 8

Activity: Reindeer Walk - Crawl on all fours to practise balance and coordination.

December 9

Activity: Wrap a small gift, cutting, folding, and taping the paper neatly.

December 10

Activity: Make snow angels to strengthen core muscles and improve body awareness.

December 11

Activity: Guess holiday scents like cinnamon or peppermint to explore sensory processing.

December 12

Activity: Fill a small stocking with toys to encourage fine motor skills.

December 13

Activity: Gingerbread Hopscotch - Draw hopscotch and hop on one foot, then two.

December 14

Activity: Write Christmas cards to practise handwriting skills.

December 15

Activity: Find hidden items in a holiday-themed Seek & Find puzzle.

December 16

Activity: Sort small holiday stickers onto paper to refine fine motor control.

December 17

Activity: Set up a Santa-themed obstacle course to practise gross motor skills.

December 18

Activity: Pretend to blow on hot chocolate to encourage slow, deep breathing.

December 19

Activity: Sort coloured pom-poms or beads to improve grasp and release skills.

December 20

Activity: Push a box filled with items across the floor to strengthen core muscles.

December 21

Activity: Jingle Bell Toss - Toss bells into a bucket, crossing the midline.

December 22

Activity: Make a calming jar with water, glitter, and food colouring.

December 23

Activity: Build a snowman with cotton balls and glue for hand strength.

December 24

Activity: Reflect on favourite activities from the month to build memory skills.