

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:

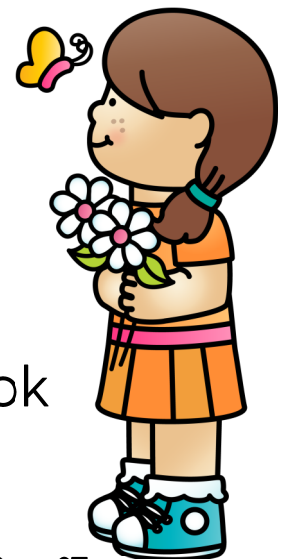
The Listening Walk  
By: Paul Showers

#### 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

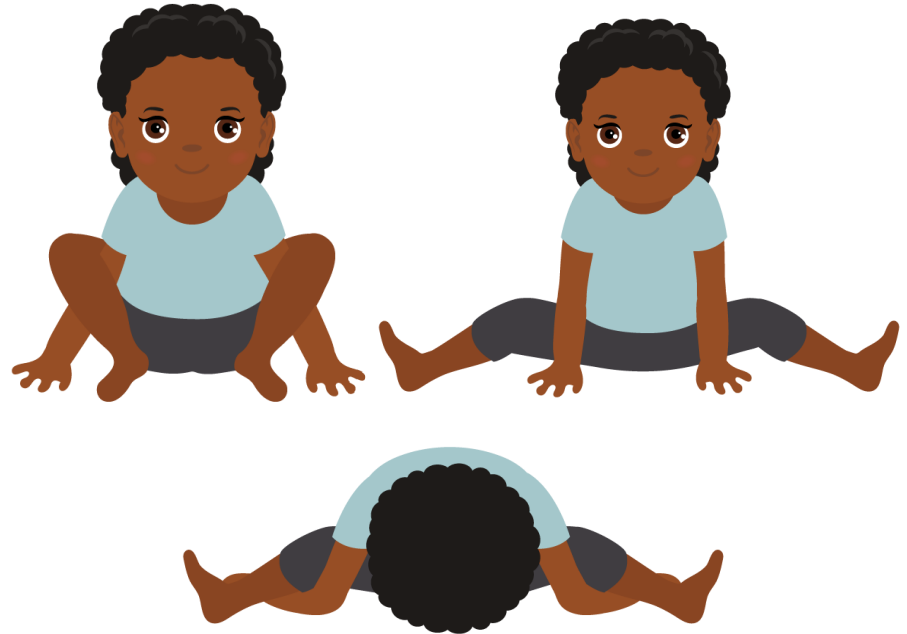
1. Stand tall, hands to heart.
2. Place one foot on side of ankle or calf.
3. Stretch arms up like branches.



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# 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.



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# 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.



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# 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.



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# CHILD'S pose

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

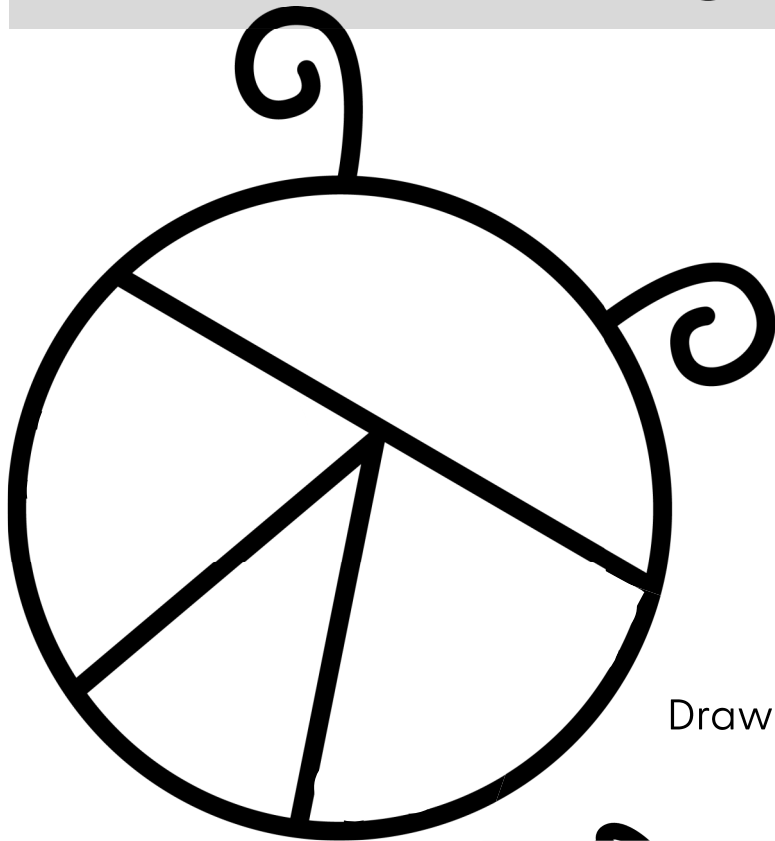
# FINGERPRINT PAINTING

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

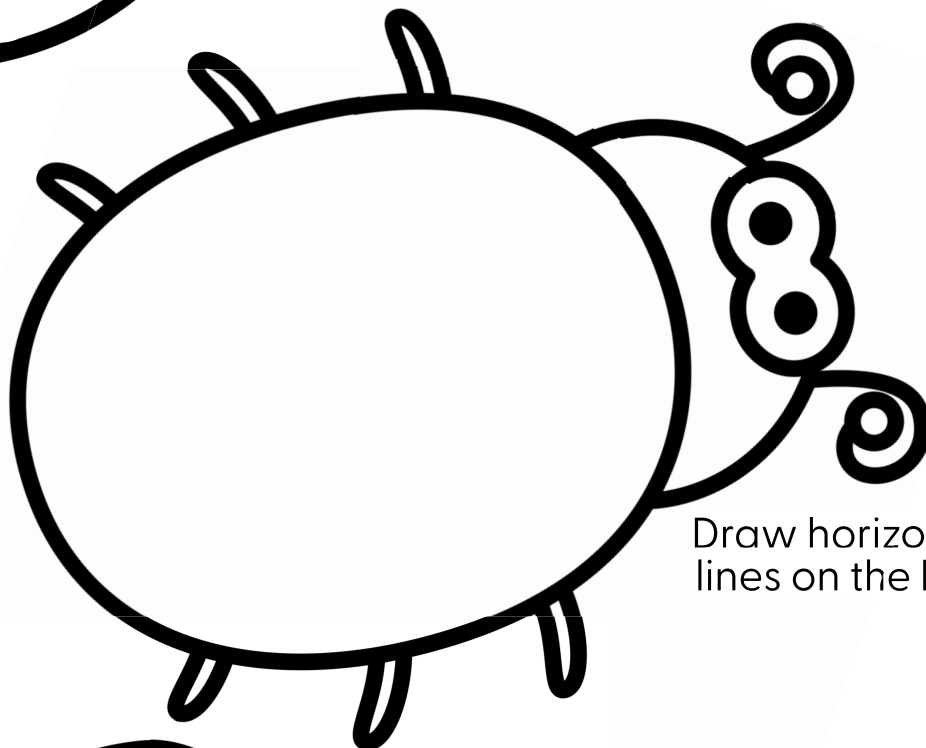
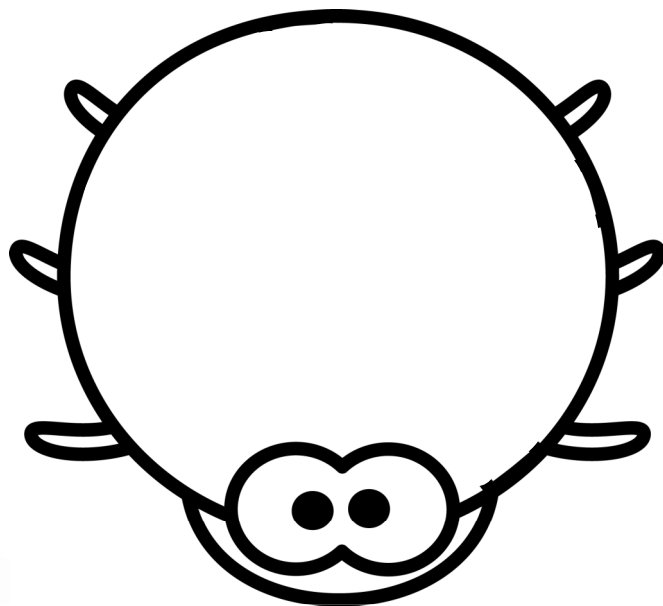
spring  
HOME  
THERAPY



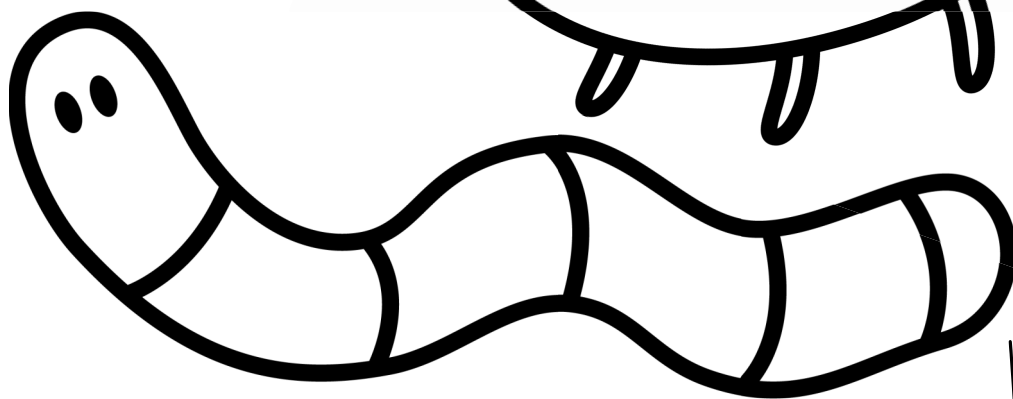
# PREWRITING BUG FUN!



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.

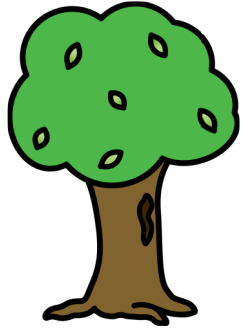
## INSTRUCTIONS:

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

## THESE CARDS CAN BE USED:

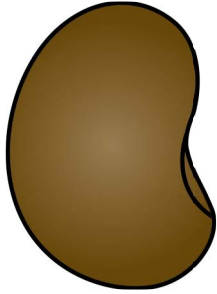
- While reading theme based literature.
- During the practice of theme based yoga lessons.
- As visuals to reinforce previous lessons.
- Other activities, including: Sorting, BINGO, Memory Match, Picture to word Match, etc.





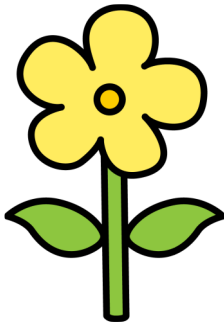
Tree

©ToolsToGrowOT.com



Seed

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Flower

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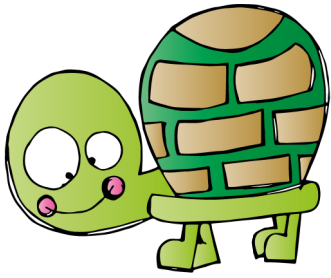
Rain

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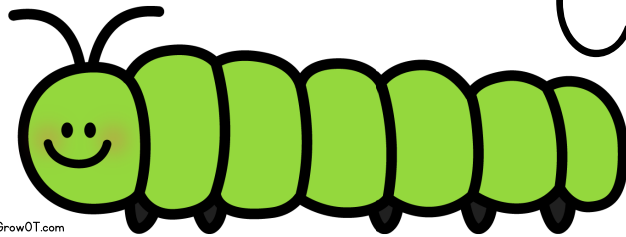
Wind

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Turtle

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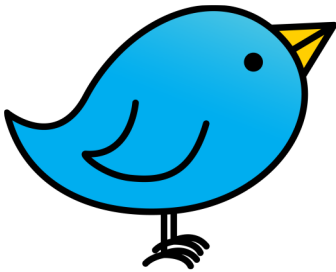
Caterpillar

©ToolsToGrowOT.com



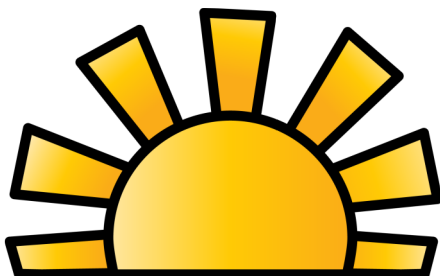
Bunny

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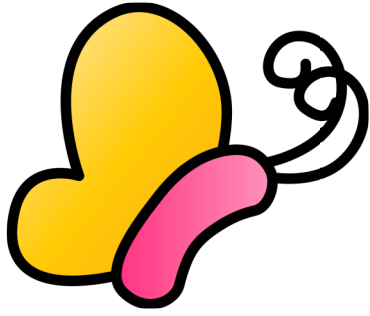
Bird

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Sunny

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Butterfly

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Cloudy

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Rainbow

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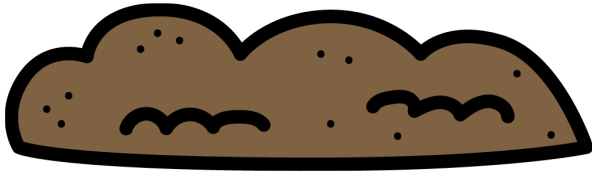
Umbrella

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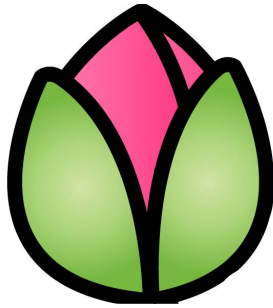
Raincoat

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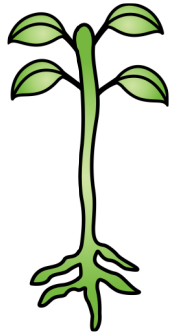
Mud

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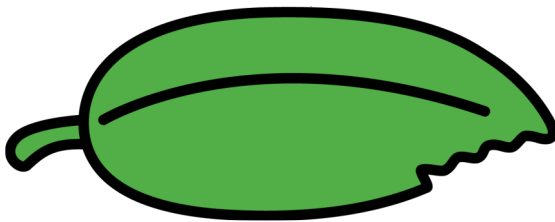
Bud

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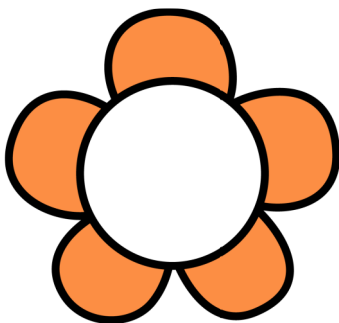
Stem

©ToolsToGrowOT.com



Leaf

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Petals

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# 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

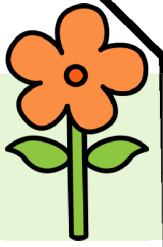
## »» VERSION 2

### 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



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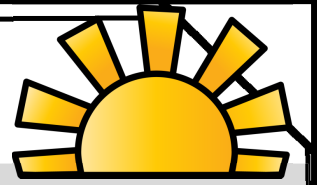

*spring* SORTING MAT



ANIMALS/INSECTS

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*spring* SORTING MAT



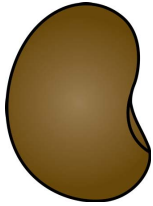
WEATHER WORDS

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# spring SORTING CARDS

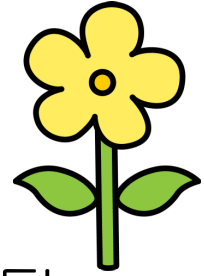
Cut out each card below.  
Using the sorting mat on the next page,  
place each card in the category it belongs.



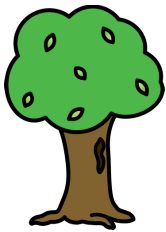
Seed



Caterpillar



Flower



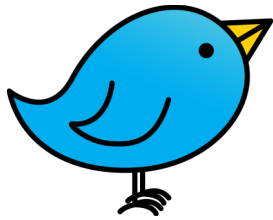
Tree



Wind



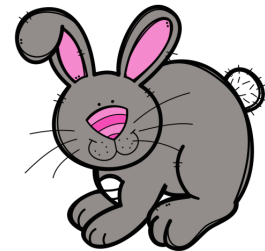
Rain



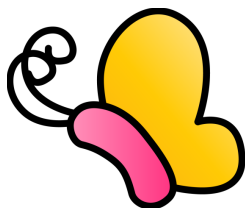
Bird



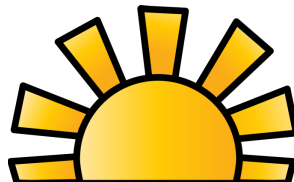
Bud



Bunny



Butterfly



Sunny



Cloudy

# spring SORTING CARDS

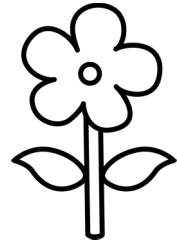
Color each item. Cut out each card below.  
Using the sorting mat on the next page,  
place each card in the category it belongs.



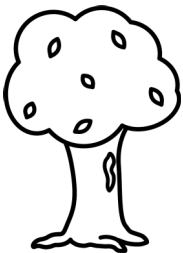
Seed



Caterpillar



Flower



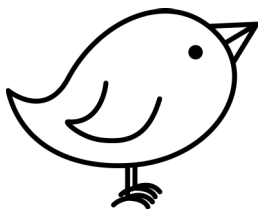
Tree



Wind



Rain



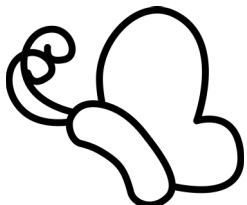
Bird



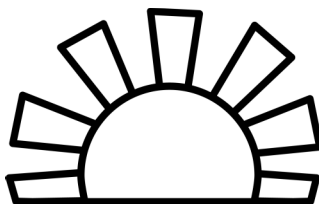
Bud



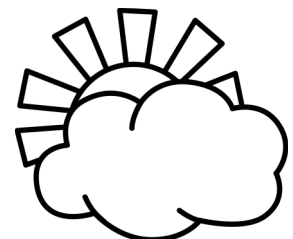
Bunny



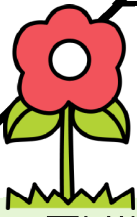
Butterfly



Sunny



Cloudy



# spring SORTING MAT



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THINGS THAT  
GROW

ANIMALS/  
INSECTS

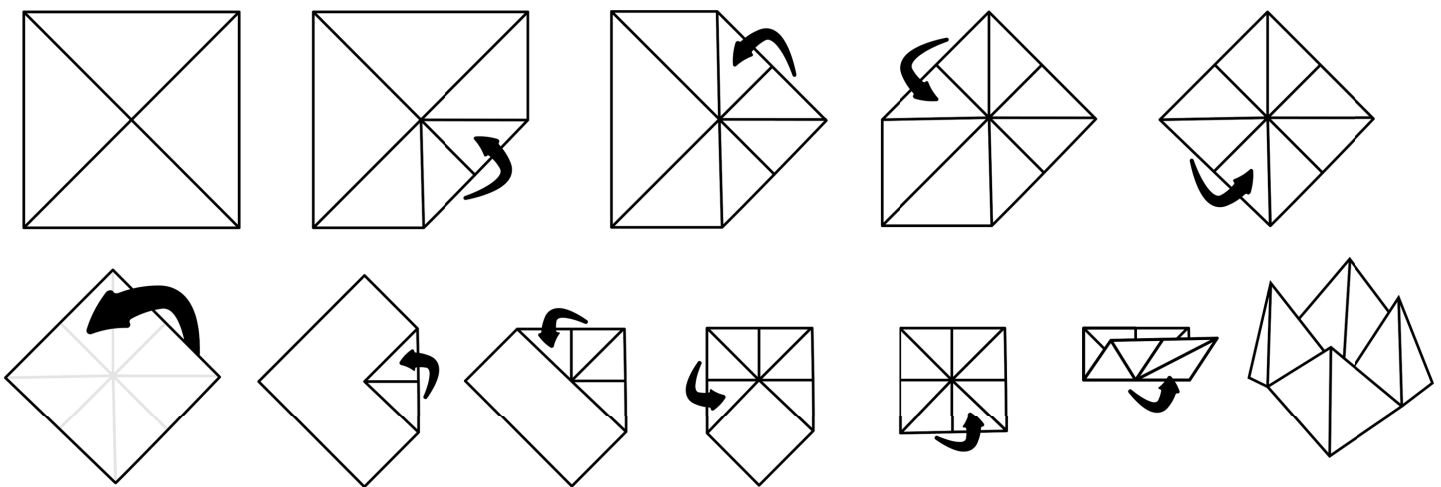
WEATHER  
WORDS


# 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:



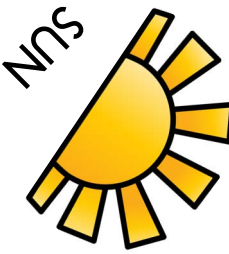



## HOW TO USE:

Use as conversation/topic discussion or writing prompts.

# SPRING FORTUNE TELLER



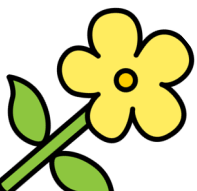

»» VERSION 1



 SUN	<b>3</b>	Where do birds build nests?	<b>5</b>	 RAIN
<b>3</b>	What do you wear when it's raining?	Who can you play with outside in the spring?	<b>6</b>	Why would you wear boots in the spring?
<b>2</b>	Why do you use an umbrella?	Why do people do spring cleaning?	<b>7</b>	How does a caterpillar turn into a butterfly?
 CLOUD	<b>1</b>	How do you plant a seed?	<b>8</b>	 WIND

# SPRING FORTUNE TELLER

»» VERSION 2 

 PURPLE	<b>3</b>	<b>5</b>	 ORANGE
<b>3</b>	Who helps you get dressed for spring weather?	Why could you open your windows in the spring?	<b>6</b>
What kind of weather do we have in the spring?		How do you get ready to go outside in the spring?	
How does your family get ready for the spring holidays?		Why do people grow a garden?	
<b>2</b>	Where do butterflies live?	How does a caterpillar turn into a butterfly?	<b>7</b>
 YELLOW	<b>1</b>	<b>8</b>	 PINK

# SPRING FORTUNE TELLER

»» VERSION 3



A large square divided into eight triangles by a vertical line, a horizontal line, and two diagonal lines. Each triangle contains a question and a number in a black circle. The corners of the square are decorated with colored paper airplanes and their corresponding colors: PINK, BLUE, GREEN, and YELLOW.

**3** Where does a flower grow?

**5** Who do you like to visit in the spring?

**3** What starts to grow in the spring?

**6** How does a rainbow form?

**2** Who plants seeds to grow fruits and vegetables?

**7** What do you like to do outside in the spring?

**1** Where would you find your garden tools?

**8** How does a caterpillar turn into a butterfly?

**PINK**

**BLUE**

**GREEN**

**YELLOW**

# FINE MOTOR SKILLS

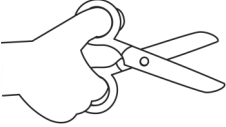
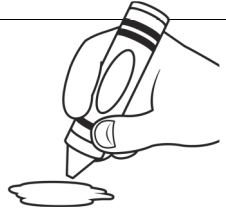

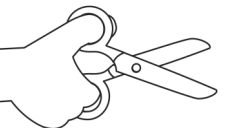
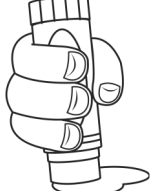

## WHAT IS HIDING IN THE GRASS?

### PURPOSE:

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

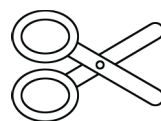
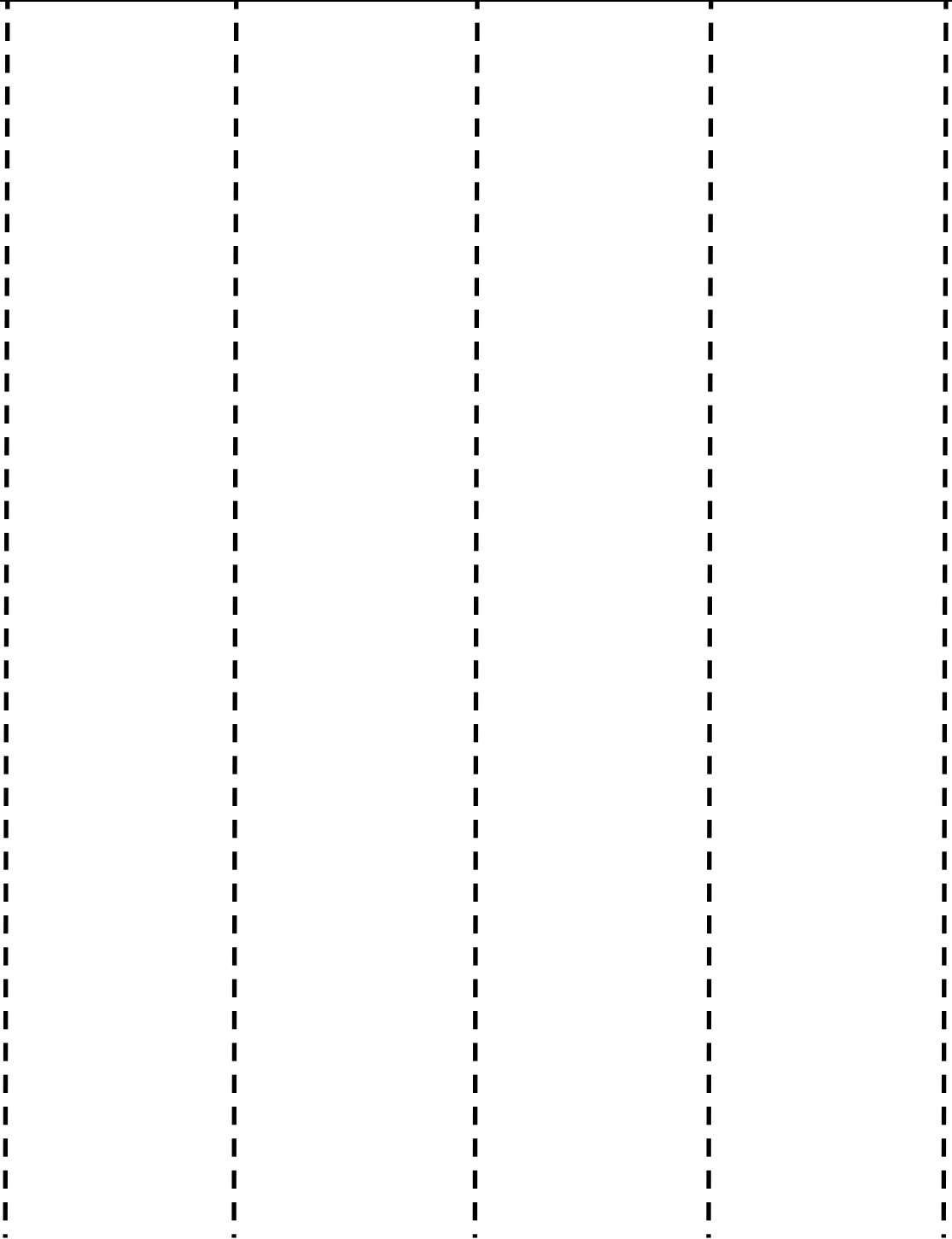
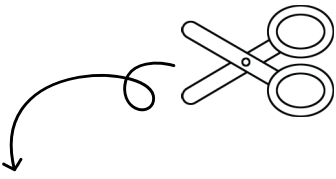


### INSTRUCTIONS:

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!	

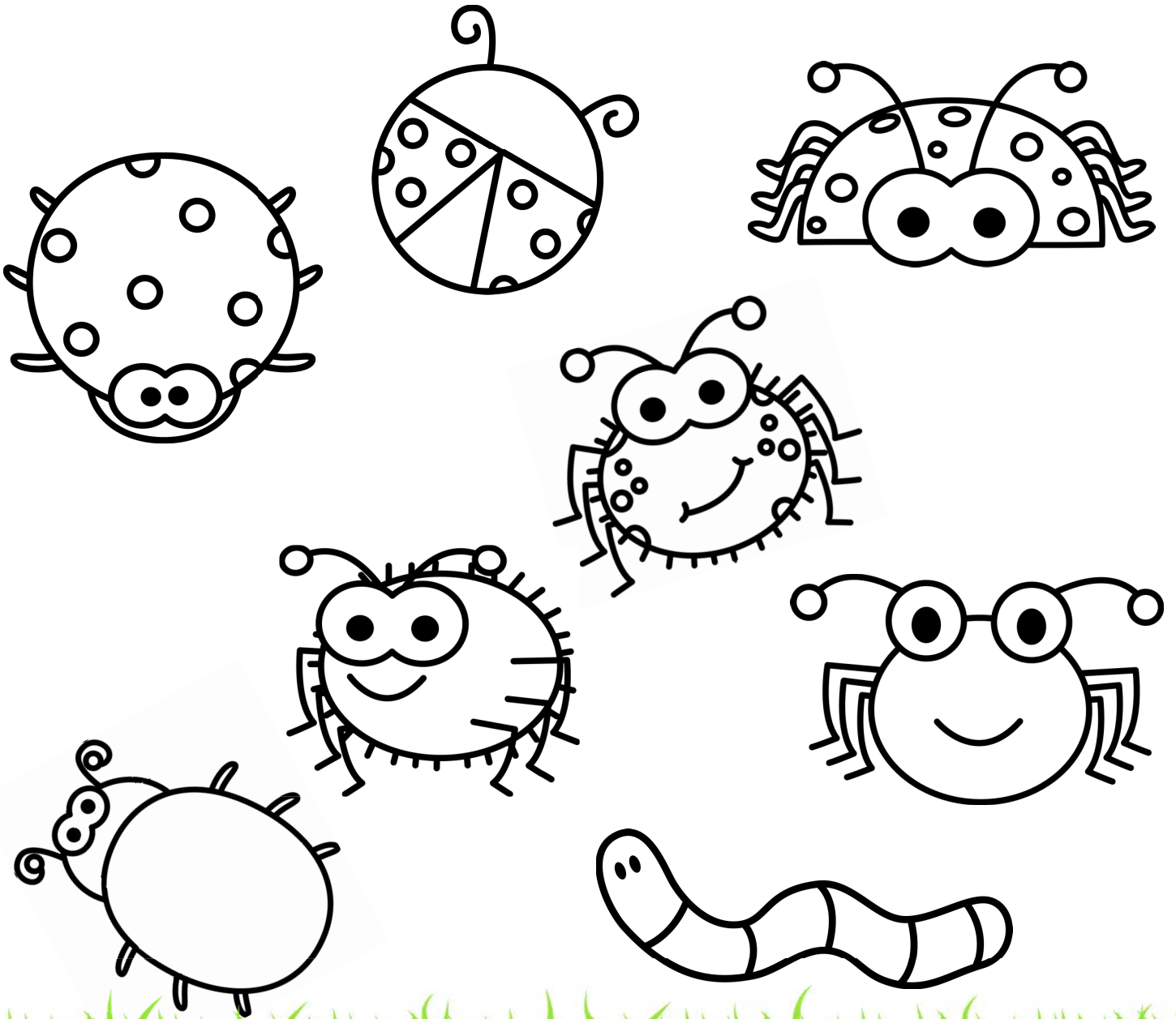


CUT HERE



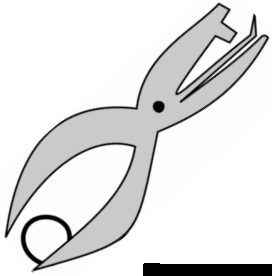
CUT HERE

WHAT IS HIDING IN THE GRASS?  
**BUG DETECTIVE**

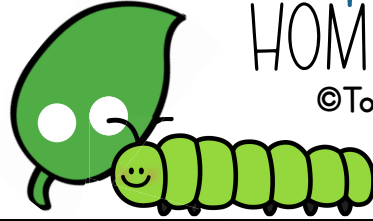


GLUE GRASS HERE

# CATERPILLAR HOLE PUNCH



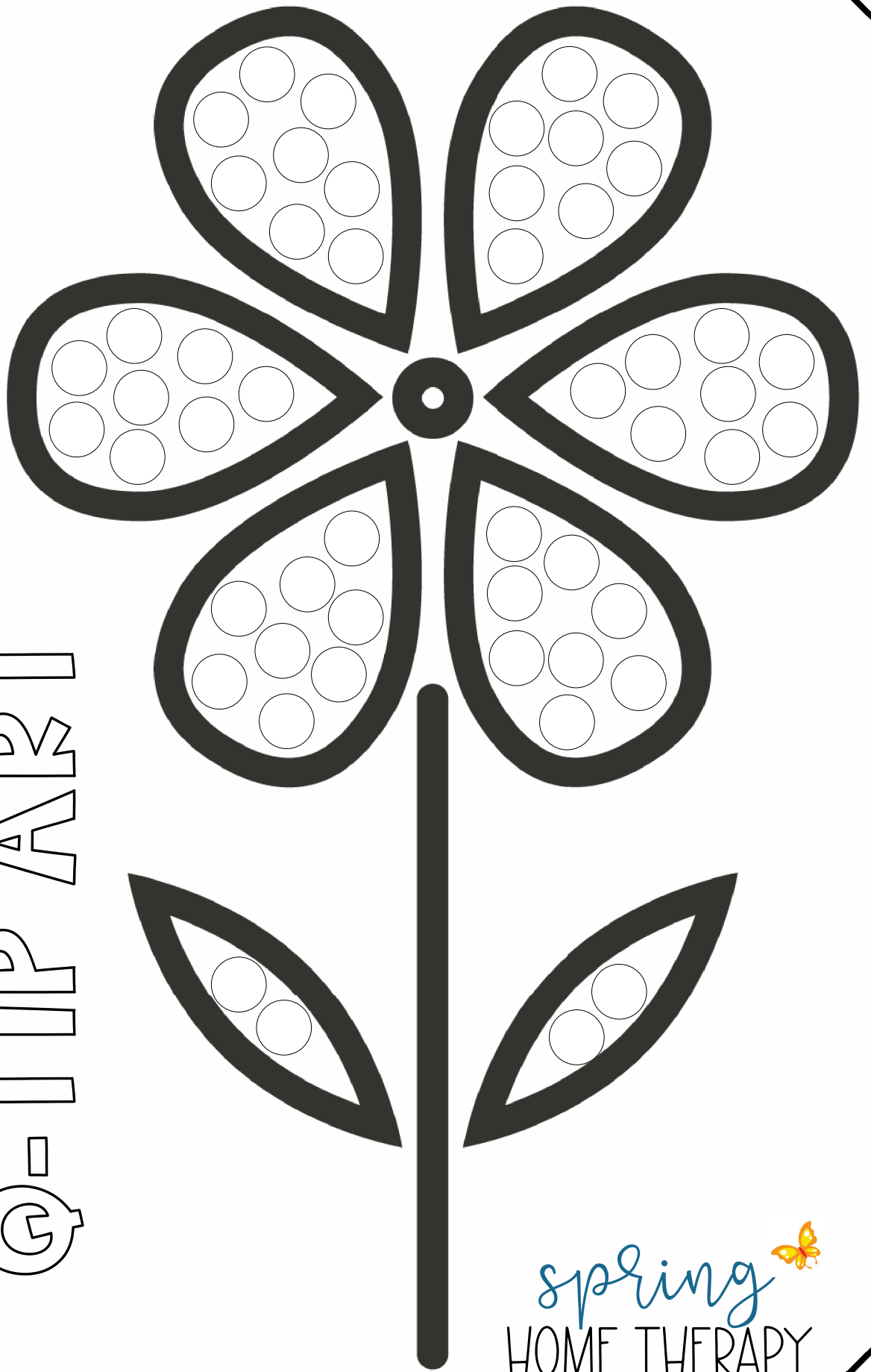
Cut out each card below. Using a hole punch, punch out "Caterpillar Holes" in each leaf.



*spring*  
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<p>7</p> <p>ToolsToGrowOT.com</p>	<p>ToolsToGrowOT.com</p>
<p>ToolsToGrowOT.com</p>	<p>8</p> <p>ToolsToGrowOT.com</p>

FLOWER  
Q-TIP ART



# GROSS MOTOR SPRING ANIMAL WALKS

## FOX WALK



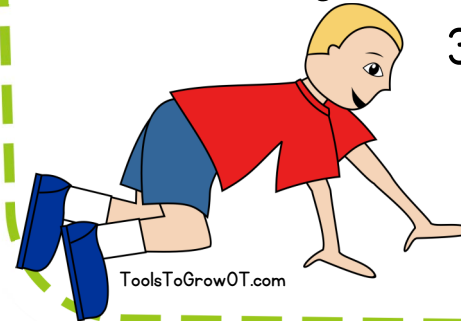
1. Bend down and place your fingertips on your toes.
2. Move each leg forward one at a time.
3. Try to keep your fingertips on your toes!

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## 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.

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## 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.



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## SQUIRREL JUMP



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

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## 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!

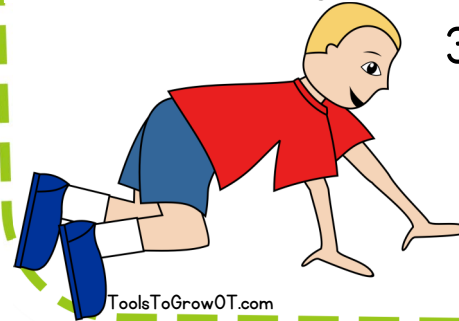


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## WOLF WALK

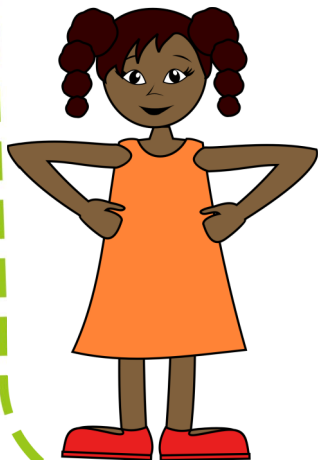


1. Kneels on all fours.
2. Slowly move your right arm and left leg at the same time.
3. Next move your left arm and right leg at same time.
4. Howl!



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## BIRD FLY



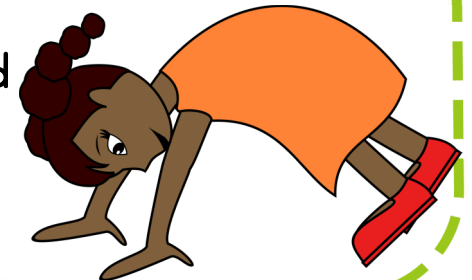
1. Place your hands on your hips and bend your elbows.
2. Move your elbows back and forth to flap your wings!

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## 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!



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