

Week 1 · Activity Sheet

Slow Summer Start - Backyard & Neighborhood Walk

This week's activities

Pick 1-2 per day. Predictability matters more than variety this week - repeating the same simple routine is great for regulation AND language.

Preschool (ages 3-5)

Porch picnic

Eat a snack outside on a blanket. Narrate everything: "Yummy, crunchy, more please." Great for sensory-cautious kids - same spot, same routine.

Sidewalk chalk walk

Walk the block, stop and draw something you see (sun, dog, tree). Builds vocabulary + fine motor + a predictable loop.

Mailbox game

Walk to the mailbox together every day at the same time. Talk about "open, empty, full, heavy, light." Predictable routine = regulation win.

Backyard "I spy"

"I spy something green / something round / something that starts with /b/." Adjust to your child's level - colors and shapes for younger, sounds for older preschoolers.

School Age (ages 6-8)

Neighborhood scavenger hunt

Make a list of 8 things to find on a walk (something red, something with wheels, a number on a house). Builds categories, describing language, and sustained attention.

Porch journal

Each day, write or draw ONE thing about the day - weather, a bug you saw, how you felt. Builds narrative + early writing without pressure.

"First, then, last" retell

After any outdoor activity, ask your child to tell you the story in order: "What happened first? Then what? What was last?" Builds narrative sequencing - a key reading skill.

Shadow tracing

Use chalk to trace shadows of toys or each other at different times of day. Talk about how/why shadows change - builds explaining + cause-effect language.

A note on pacing

This week is about EASING IN - not packing the calendar. If your child needs the same activity every single day, that's not a failure, that's regulation. Predictability is the goal this week, not novelty.

