



BrainWorks Holiday Card Instructions

1. Bake Christmas Cookies
 - a. Use this as an activity to improve executive functioning skills, following a recipe, multi-step instructions, sensory processing abilities and/or sequencing skills. If you're not able to bake real cookies, use this as an opportunity to play pretend. Practice the sequencing of baking cookies, writing a recipe to address handwriting, or interacting with new foods.
2. Build a Snowman
 - a. If you live in a place with snow, head outside to make a snowman! Roll each part of the body, get it dressed and decorated and work on a variety of sensory processing and sequencing skills. If you don't have snow or are unable to go outside to complete this activity, fill large, white garbage bags with blankets, pillows, stuffed animals, etc. Tape them closed to create the snowballs and roll them around before stacking them up. Practice dressing skills and other ADL tasks to complete the snowman!
3. Chimney Crawl
 - a. Have the child lay on their back on the floor, on a scooter board, or on a cookie sheet. Allow them to use their feet to propel them up a 'chimney' or across the room. Use painters tape to create a path for them to stay in. This works on reflex integration, motor planning and strength!
4. Christmas Lights / Holiday Lights
 - a. Go for a drive to look at holiday lights! If unable go for a drive, set up Christmas lights, decorations, or other fun lights in your space to

enjoy. Work on ocular motor skills by completing visual tracking activities with lights or lasers.

5. Cinnamon Playdough

- a. Make your own cinnamon playdough by following a [recipe](#) like this. Allow the child to roll it, squish it, press it, make it into a ball, smell it, use cookie cutters, etc. Allow older children to help make the recipe or write it to work on handwriting skills.

6. DIY Light Show

- a. Turn off the lights and grab some flashlights or laser pointers to create a novel lightshow! You can also have the child make a light show while they're enclosed in a swing with the lights turned down. Allow them to do what feels fun and comfortable for their nervous system!

7. Fall Like a Snowflake

- a. Snowflakes are light and fluffy, so pretend to be light and fluffy and fall like a snowflake! Work on body awareness, reflex integration, and gross motor skills to allow the child to fall how they feel comfortable. Turn on some music and have a snowflake dance party!

8. Feather Blow

- a. Gather some red, green and white feathers and have the child lay on their stomach. Using a straw or their mouth, blow the feather from one side of the room to the other, staying only on the stomach and army crawling across the floor. Another fun way to complete this activity is to have the child lie on their back or stand and try to keep their feather in the air by blowing it from underneath. A great way to work on breath control, reflex integration and problem solving!

9. Gingerbread House

- a. Grab a gingerbread making kit, graham crackers, or cardboard to create and decorate a gingerbread house! This is a great fine motor activity that also provides an opportunity for problem solving, sequencing, and bilateral coordination.

10. Guess the Bell

- a. Gather a variety of sized boxes and bells. Without the child seeing, place a different number of bells in each box and seal them shut. The child can shake and feel the boxes of bells to try to guess how many bells are in each box and order them from least to greatest. This is a

great auditory processing activity! Allow them to open the boxes and see if they were correct, then have them set the activity up for you to guess!

11. Indoor Ice Skating

- a. Put on slippery socks or use paper plates as ice skates to skate around the room! Set up obstacles or a path for the child to follow as they skate safely through their winter wonderland.

12. Make a Snowflake

- a. Grab some paper and scissors to create unique snowflakes! Have the child fold up their paper and cut triangles and other shapes in it. When they open it up, they'll see the beautiful snowflake they've created! Allow them to decorate windows with their snowflakes! Here's a simple tutorial for them to follow:

<https://www.creeklinehouse.com/make-amazing-paper-snowflakes/>

13. Marshmallow Snowmen

- a. Gather toothpicks and mini marshmallows to create snowmen! Carefully slide three marshmallows on each toothpick, draw eyes, buttons, a nose, and any other details the child would like. Allow the child to create a family of snowmen! Great for fine motor skills, force modulation, sequencing and more.

14. Melted Snowman Sensory Bin

- a. This activity has a lot of room for creativity!
 - i. Gather snow (or fake snow) and throw all of the snowman items into a sensory bin for the child to gather.
 - ii. Try mixing equal parts of cornstarch and water to make oobleck (which really looks like a melted snowman) and decorate it to look like a flat snowman.
 - iii. Mix conditioner and baking soda or cornstarch to create a soft, moldable material to make snowmen out of.
 - iv. [Here are a few more ideas!](#)

15. Ornament Crafts

- a. Create fun ornaments by drawing, painting, molding from clay, or salt dough creations. Work on fine motor skills, sequencing, sensory processing and more with this activity!

16. Paper Chains

- a. Practice cutting skills to create a paper chain countdown for Christmas! A great activity to work on fine motor skills, bilateral coordination and sequencing skills.

17. Reindeer Trot

- a. A new animal walk to add to your repertoire! Allow the child to create their own reindeer trot and use it as a transition during obstacle courses or to the next activity to be completed!

18. Roll Like a Snowball

- a. Get down on the floor, hug the legs to the chest and roll around the room like a snowball! Have two children work together to roll one another in order to create a snowman, making sure they switch turns. A great activity to work on reflex integration, strength and motor planning!

19. Shake Like a Snowglobe

- a. How do you get a snowglobe to snow? You shake it! Have the child shake and wiggle their body like a snowglobe! Turn on some holiday music and allow them to wiggle their way to happiness!

20. Sing Christmas Songs

- a. Turn up the music and sing your favorite holiday songs together to turn on the holiday cheer!

21. Snow Angels

- a. A wonderful activity for reflex integration, the snow angel can be completed indoors or outdoors, weather depending! Have the child lay on their back and move their arms and legs simultaneously. For an added challenge, turn on the metronome and have them count with the beat of the metronome at 60 BPM while coordinating their snow angel movements.

22. Snowball Fight

- a. Head outside if you have snow to create snowballs and throw them at targets! If you don't have snow, crumple up paper to work on reflex integration and hand strength. I also love these [snowball makers](#) that work on bilateral coordination. Use them as part of an obstacle course to pick things up and transfer them!

23. Walk Like a Turkey

- a. Get low and wobble ‘till you gobble! Another fun animal walk to test out. Allow the child to create their own turkey walk!
24. Wrap Presents
- a. A highly underrated activity for kids of all ages to work on! Practice measuring the paper, folding it, taping it while holding it, sequencing the steps together in order to wrap a present from start to finish. It’s harder than you’d think!
25. Wreath Hopping
- a. Using wreaths, pretend wreaths, or hula hoops, set up an obstacle course with these wreaths to practice jumping, hopping or other gross motor skills.

Mix and match! Use several cards together to create a session plan, an obstacle course or a brain break activity! Use these in an advent calendar for fun, daily activities to countdown to Christmas. Be creative and think outside of the box when implementing these activities with your child or client. The most important thing is to have fun and work hard!

Tag @sensationalbrain on [Instagram](#) or [Facebook](#) when you’re doing these activities, we’d love to see and share with others for inspiration!

Use the Holiday or Holiday 2.0 Cards inside the Select and Print section of BrainWorks!