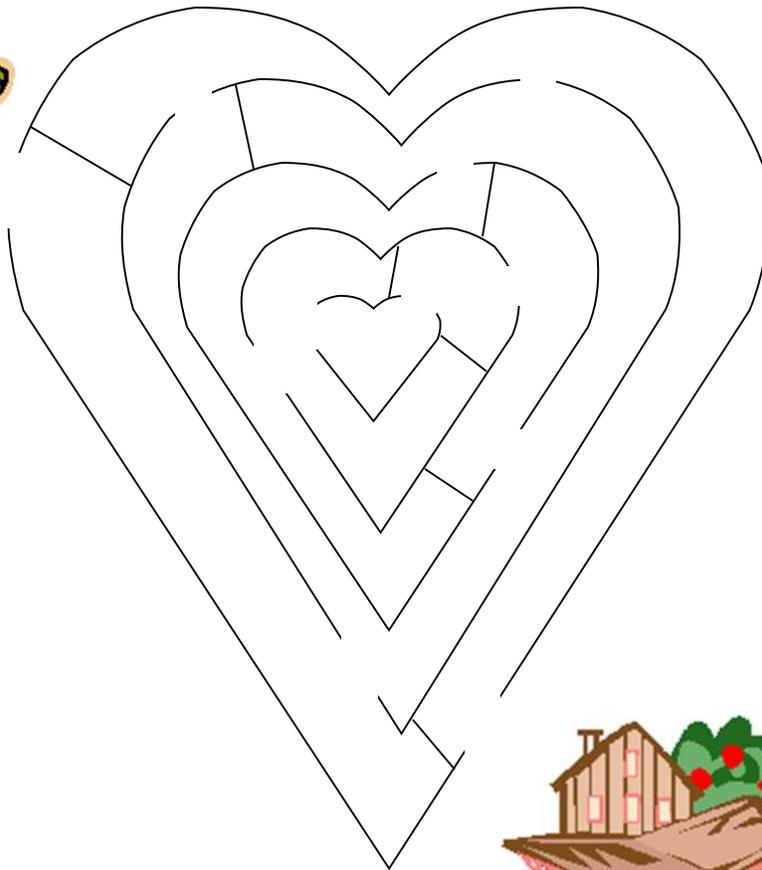


# Apples



Help the boy get back to the apple farm.

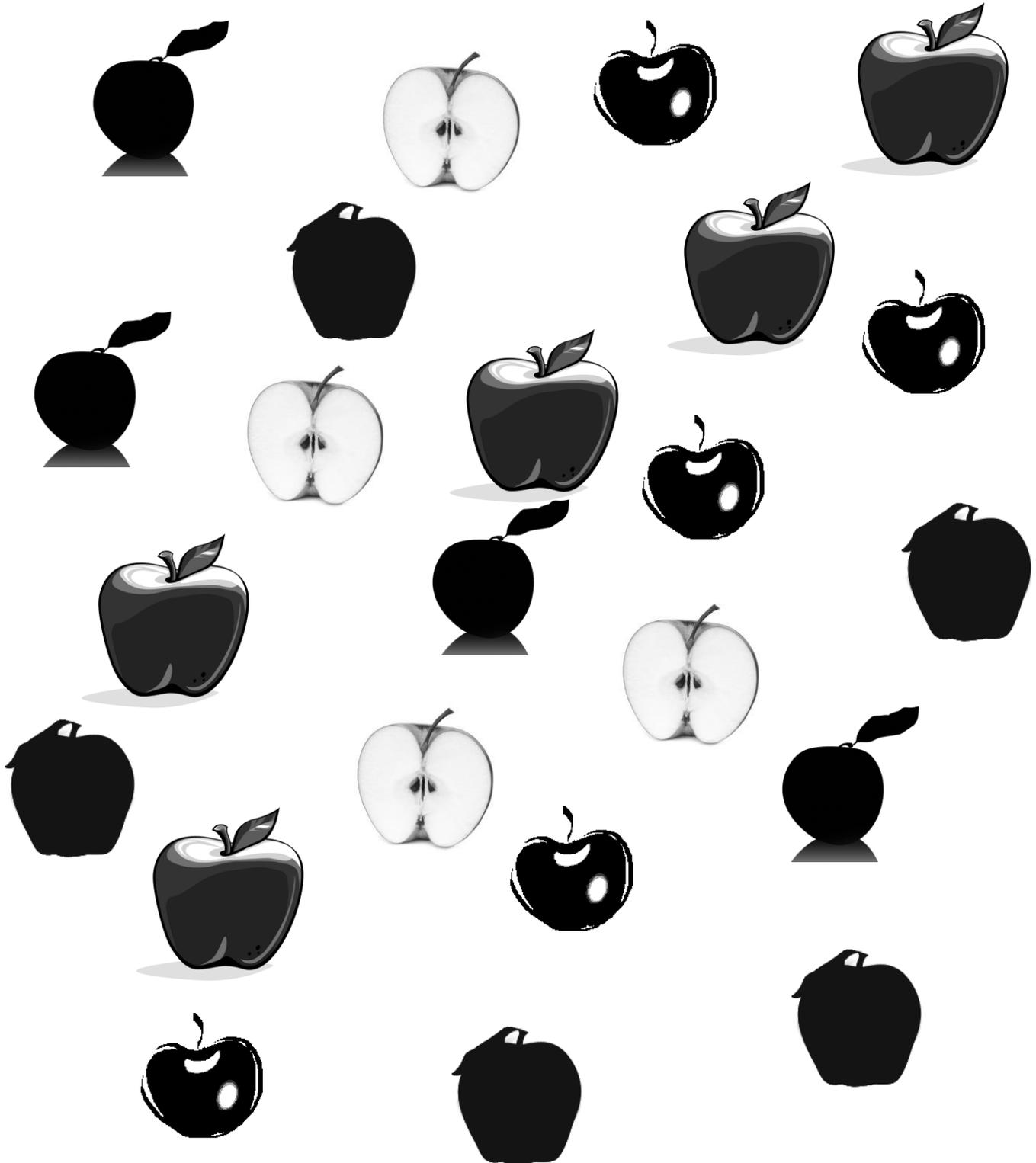


Sample Pages from our  
Monthly Sensory Motor Activity Packet

Circle all the apples like this one:

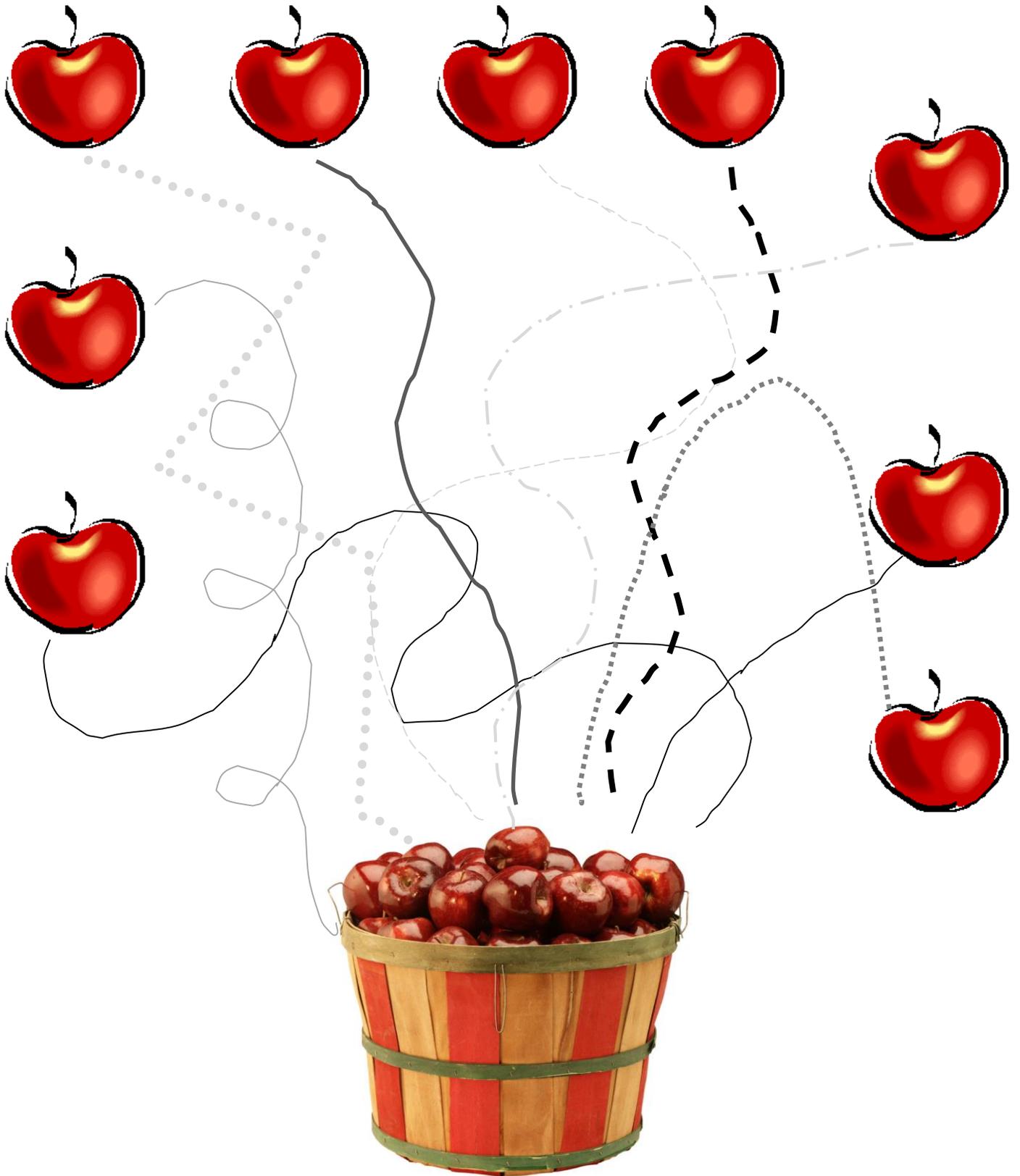


Put an X on all the apples like this one:



Trace lines

Help collect the apples and put them in the basket



## Visual Memory

Fold the page in half. Look at the picture for a couple minutes. Then flip the paper over and write as many things as you can remember.



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# Letter Search

Draw a line under all the letters "A" below and over the other letters:

A W V A W V A X V W

V X A W X A X W A X

A W A A V X W A V A

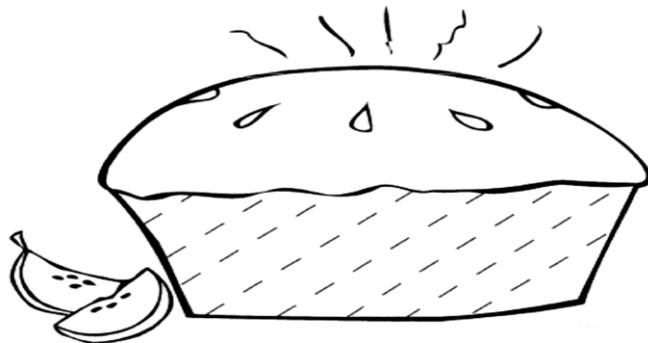
X A W V A W A X A X

A V A X W A W A X A

V A W X A V A X A W

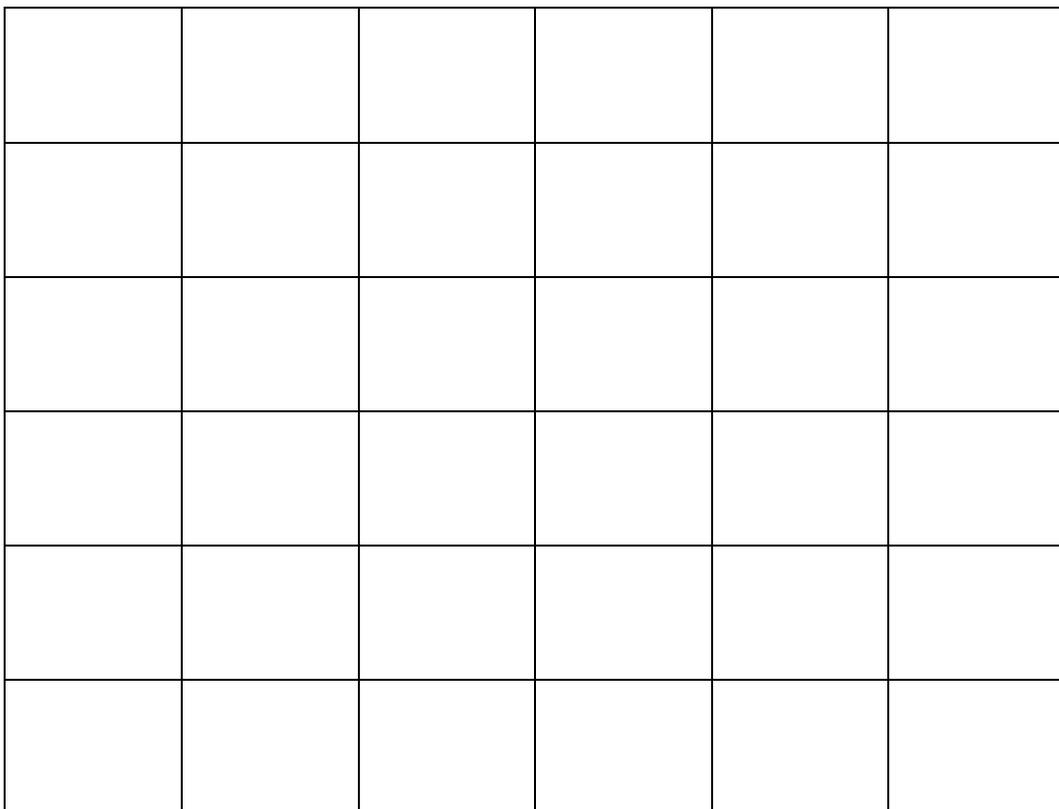
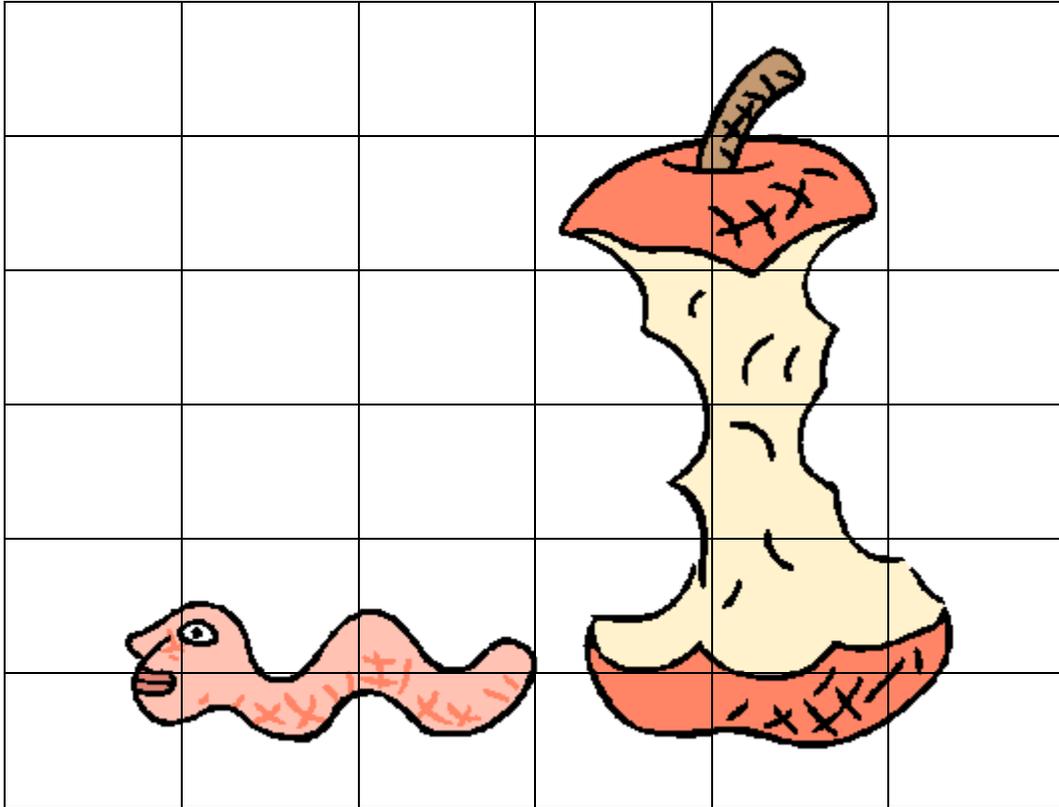
W V A X W A V A X V

A W V A W V A X V A

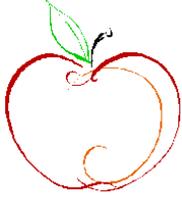


# Grid Drawing

Draw the picture by using the grid below:



# Play Concentration

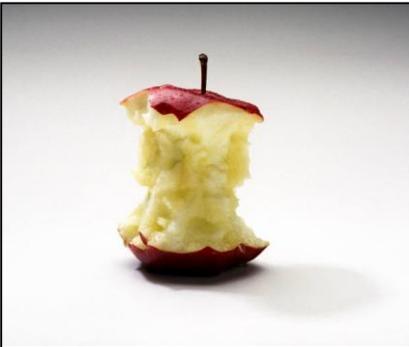


# Handwriting Practice

Find as many words as you can in the word:

Appledabra

<hr/>	<hr/>



## Anagrams

Unscramble the following kind of apples:

iuFj

otnnighsaW

nikP ayLd

neldGo leDciusos

eRd uosDleiic

nnayGr hitmS



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Draw your own apple tree:

## Fill In the Blanks

### \_\_\_\_\_ Core Facts about \_\_\_\_\_

number fruit

\_\_\_\_\_ are a very \_\_\_\_\_ fruit for building healthy \_\_\_\_\_. A \_\_\_\_\_ \_\_\_\_\_:  
same fruit adj. body part size same fruit

1. Is fat-free: may help \_\_\_\_\_ the risk of some \_\_\_\_\_.  
verb noun (pl.)
2. Is \_\_\_\_\_-free: may help reduce the \_\_\_\_\_ of high \_\_\_\_\_.  
noun noun noun
3. Contains \_\_\_\_\_ called \_\_\_\_\_.  
noun noun
4. Has only \_\_\_\_\_ calories: helps \_\_\_\_\_ maintain a healthy \_\_\_\_\_.  
number person noun
5. Is a \_\_\_\_\_ snack: you can take one with you to \_\_\_\_\_.  
adj. place

## The Real Story 😊

### 10 Core Facts about Apples

Apples are a very good fruit for building healthy bodies. A medium-sized apple:

1. **Is fat-free** - may help reduce the risk of some types of cancers
2. **Is saturated-fat free**
3. **Is sodium-free** - may help reduce the risk of high blood pressure
4. **Contains natural sugars called fructose**
5. **Has only 80 calories** - helps you maintain a healthy weight.
6. **Is cholesterol-free** - helps keep your heart healthy and may help protect against cardiovascular disease.
7. **Contains no artificial colors or flavors**
8. **Is an excellent source of fiber** - helps reduce blood cholesterol, and aids digestion.
9. **Is a convenient, satisfying snack** - you can take one with you anywhere.
10. **Is an easy way to get your recommended five servings of fruits and vegetables daily!**





# Apple Science Project: Can you prevent a cut apple from turning brown?

Hypothesis:

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You need:

- One apple
- One Sunkist lemon, juiced

Directions:

1. Cut the apple into quarters. (Don't use a sharp knife without an adult's help!)
2. Leave one of the apple quarters on the kitchen table.
3. Place another apple quarter in the refrigerator.
4. Sprinkle lemon juice on the other two apple quarters.
5. Place one of these quarters on the table and the other in the refrigerator.
6. Check each of the apples every minute or so.

Which quarters turned brown first?

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Which quarters turned brown last?

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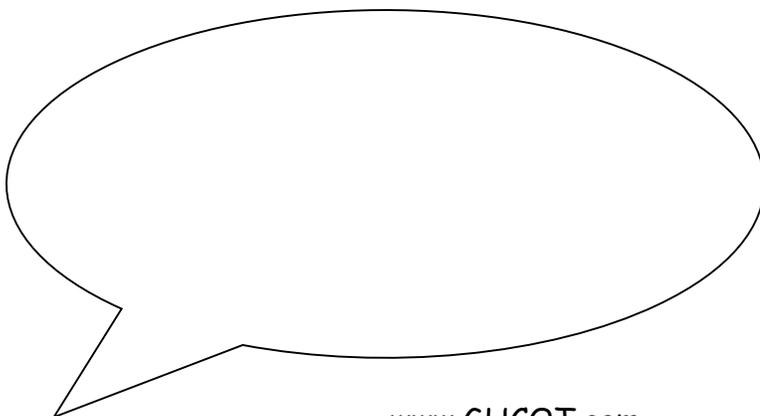
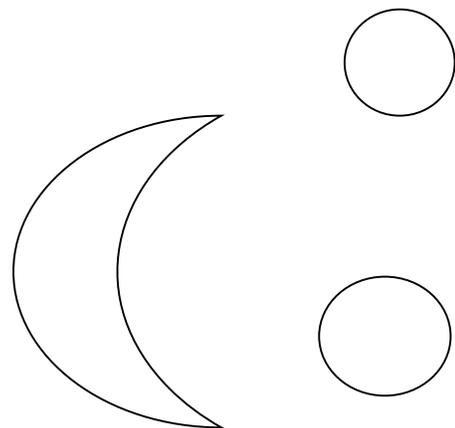
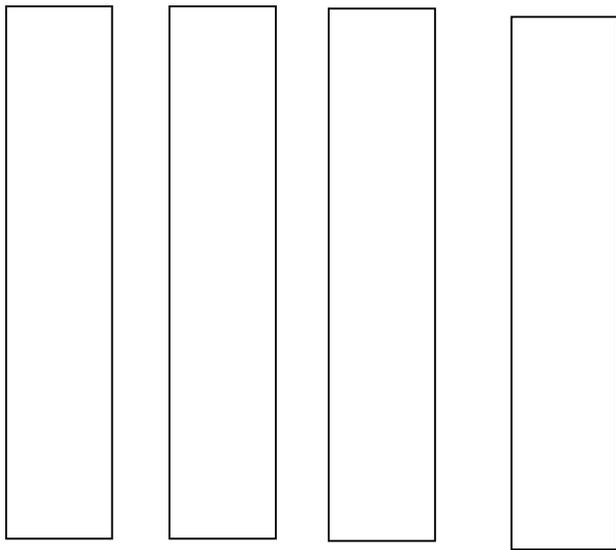
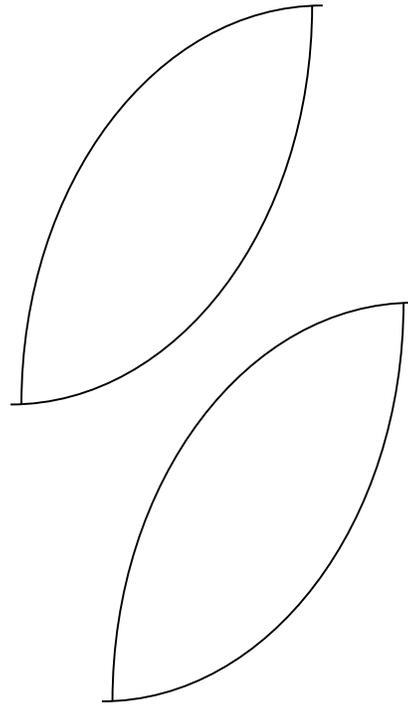
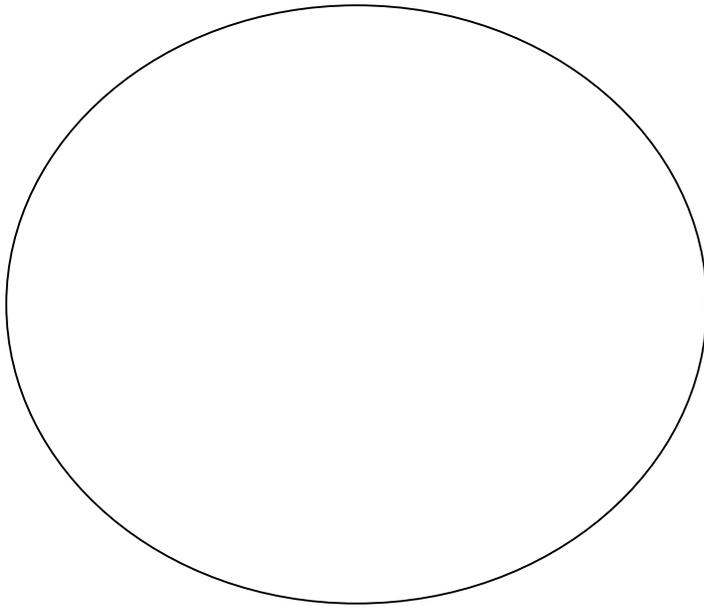
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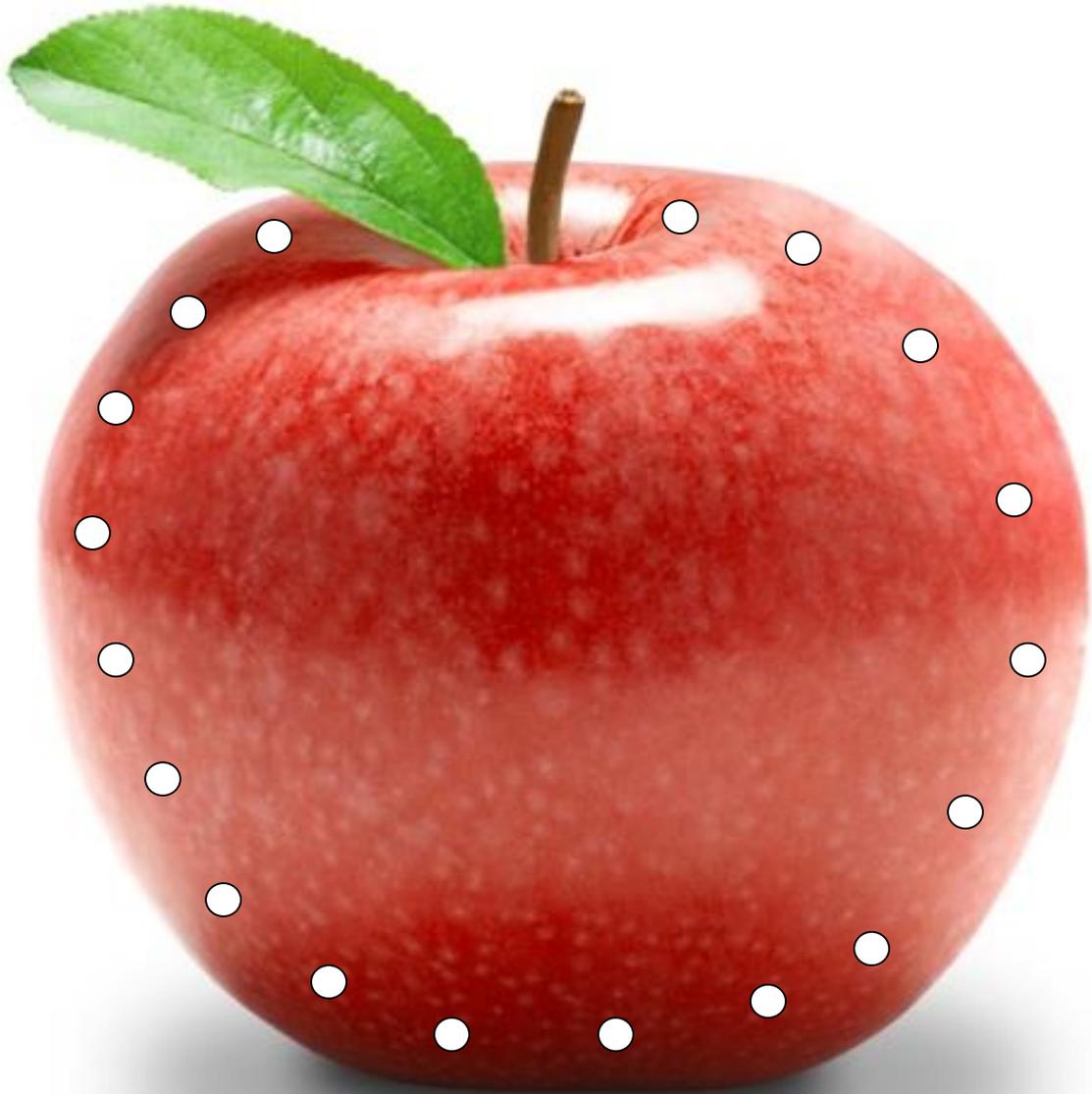
# Arts and Crafts

Cut out the shapes below to make an apple character and then write a joke for him to say.

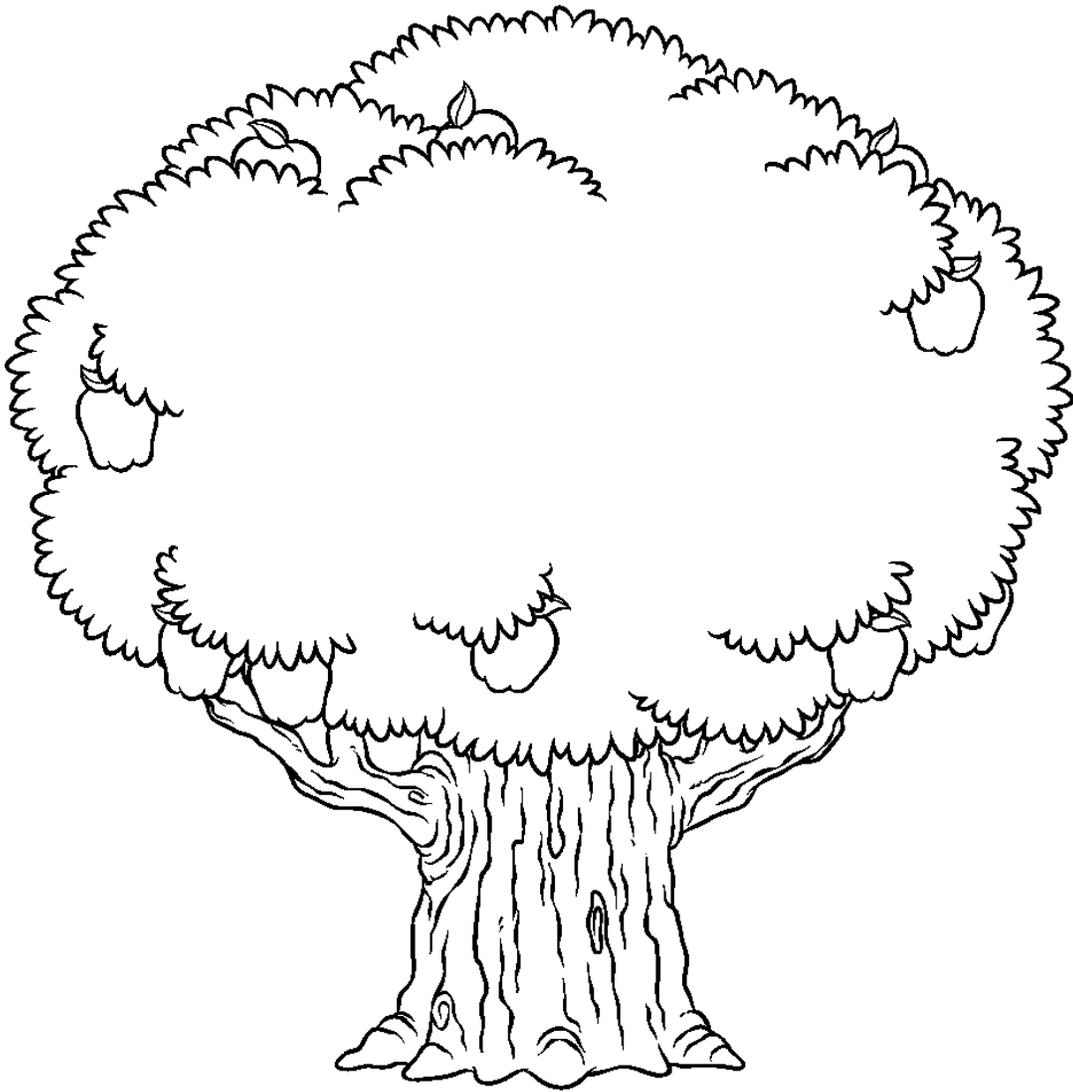


## Lacing Practice

Glue this shape on cardstock or cardboard, punch holes, and the practice lacing 😊



Color the tree. Then, cut out the apples below and paste them on the tree.



Dear Parents, Teachers, Administrators, and Therapists,

Our sensory motor activity packets are designed to support children's development in a fun and engaging way. There are activities for children with skills at the preschool through high school level. You can grade the difficulty level of the activities to create the "just right challenge" and help each child feel successful and challenged at the same time 😊. The activities target the areas of posture, visual perception, visual motor coordination, ocular motor coordination, handwriting, motor planning and sensory processing.

These packets can be used in many different ways:

- For families: have fun as a family while incorporating some important foundational skills.
- For teachers: provide hands-on, interactive, sensory-rich supplemental activities to ease transitions and guide development of foundational handwriting skills.
- For administrators: improve ease of implementing the Response To Intervention model by supporting students and staff in addressing OT-related concerns.
- For therapists: decrease treatment planning time by using activities from the packet or select activities to create home programs.

To Purchase our Sensory Motor Packets, visit our website:

[www.GHCOT.com](http://www.GHCOT.com)

This packet is not meant to replace an individualized OT program, but is supplemental 😊

[www.GHCOT.com](http://www.GHCOT.com)