



Keiser University Multidisciplinary Center's

Activity Guide

A guide for growth, learning, and fun for summer!



Explore Our World Through Virtual Field Trips

Live Cams from around the world to watch and explore from home:

<https://explore.org/livecams>

The National Museum of Natural History Virtual Tours:

<https://naturalhistory.si.edu/visit/virtual-tour>

Explore Earth Cams to See the World: <https://www.earthcam.com/>



Fun Ways to Eat Healthy and Stay in Motion

Dance, Shake, and Move with Go Noodle this Summer:

<https://www.gonoodle.com/>

Team Nutrition: <https://www.fns.usda.gov/tn/myplate>

The Texture Cookbook: <http://card-usf.fmhi.usf.edu/resources/materials/nutrition.html>

30 Kid Friendly Summer Snacks:

<https://www.superhealthykids.com/recipes/30-kid-friendly-summer-snacks/>

87 Energy-Busting Indoor Games and Activities for Kids:

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

Keep Teens Focused, Active, & Limit Screen Time:

<https://www.additudemag.com/summer-activities-for-teens/>

Summer Break Spots: <https://www.summerbreakspot.org/Parents-and-Families>



Creative Ways to Keep Reading, Math, and Science Alive This Summer

Florida Center for Reading Research: <https://fcrr.org/student-center-activities>

Just Read Families:

<https://www.fldoe.org/academics/standards/just-read-fl/families/summer-activities-elementary.stml>

Read-Along with PBS Kids:

<https://www.youtube.com/playlist?app=desktop&list=PLa8HWWMcQEGStVxurBtLn8nkDxGc3j3ow>

Summer Math Challenge: <https://hub.lexile.com/summer-math-challenge>

6 Great Ideas for Summer Learning:

<http://www.fldoe.org/core/fileparse.php/7581/urlt/SummerLearningHandout.pdf>

Tarheel Reader: <https://tarheelreader.org>

10 Everyday Ways to Keep Your Child Reading While Having Fun:

<https://www.familyeducation.com/school/summer-learning/10-everyday-ways-keep-your-child-reading-while-having-fun-0?slide=1#fen-gallery>

We are Teachers 35 Science Video Resources:

<https://www.weareteachers.com/free-science-videos/>

Fun Brain: <https://www.funbrain.com/>

MLB Summer Slugger Program—customize rewards, challenge others, and play games to practice skills:

<https://summerslugger.com/resources/>

Farmer's Almanac Stories and Activities for Kids:

<https://www.almanac.com/kids>

Climate Kids NASA: <https://climatekids.nasa.gov/>

Discover Dairy: <https://www.discoverdairy.com>





Everyday Activities for Family Fun and Growth

Conversation Starters for Family Dinner Time:

<https://thefamilydinnerproject.org/conversation/>

FAU CARD Parent Resource Guide:

<https://www.flipsnack.com/faucard/parent-resource-guide/full-view.html>

Best Typing Game Apps:

<https://www.educationalappstore.com/app-lists/best-typing-games>

Ideas to Engage Students with Significant Multiple Disabilities in Activities During the Summer Holidays:

<https://www.pathstoliteracy.org/blog/ideas-engage-students-significant-multiple-disabilities-activities-during-summer-holidays>

Fun-for-Home Speech Language Therapies: <https://www.home-speech-home.com/speech-therapy-activities.html>

Creative Ways to Practice Conversation and Speaking Skills:

<https://howtoadult.com/games-for-teaching-conversation-skills-to-teens-9809847.html>

Fun Reading/Travel Tips:

<https://www.fldoe.org/core/fileparse.php/7539/urlt/kit.pdf>

Soft Skills to Pay the Bills:

<https://www.dol.gov/agencies/odep/program-areas/individuals/youth/transition/soft-skills>

Best Educational Netflix Shows for Kids and Teens in 2022

<https://www.weareteachers.com/educational-netflix-shows/>

After School Summer Activity Guide:

<https://www.afterschoolga.org/resources/summeractivityguide/>



Parent and Educator Resources for Online

Viewing

FDLRS Recorded Webinar Resources:

<https://www.fdlrs.org/about/recorded-webinars>

We Are Teachers Amazing Online Learning Resources:

<https://www.weareteachers.com/free-online-learning-resources/>

The TIES Center and National Center on Educational Outcomes (NCEO) Parent Video Series: Supporting the Learning of Children with Significant Cognitive Disabilities at Home:

<https://tiescenter.org/about/stakeholders/parents-and-families/parent-resource-videos>

How To Use and Teach Sign Language (ASL) In Your Classroom:

<https://www.weareteachers.com/teach-sign-language/>

Career Skills to Work on at Home/School:

<https://www.weareteachers.com/career-skills-students-can-work-on/>

ADHD Brain at School Hacks & Other Articles:

<https://www.additudemag.com/adhd-brain-at-school-hacks/>



Printables!! Follow these links to find printable activities for fun, learning, and purpose!

Activities and Printables: <https://www.scholastic.com/parents/kids-activities-and-printables.html>

Map It: What Comes Next?: <https://dcmp.org/learn/465-map-it-what-comes-next-module>

Middle School Summer Reading Packet:

https://learningally.org/Portals/6/Docs/SummerReading/SummerPacket-Middle_School.pdf

High School Summer Reading Packet:

https://learningally.org/Portals/6/Docs/SummerReading/SummerPacket-High_School.pdf



Creative Activities for Artistic Expression

Art for Children and Adults: <https://kinderart.com/blog/special/>

Distance Learning Art Projects That Only Require Basic Supplies:

<https://www.weareteachers.com/distance-learning-art-projects/>

Crafts: <https://www.allfreekidscrafts.com/Learning-Activities-for-Children/Crafts-for-Kids-with-Special-Needs>

Art for Kids Hub: <https://www.youtube.com/user/ArtforKidsHub>

Aromatherapy Playdough Recipe:

<https://playofthewild.com/2020/10/03/aromatherapy-playdough-recipe/>

Florida Arts4All: <https://www.arts4allflorida.org>



Florida Camps and Opportunities for Youth with Disabilities

Florida Special Needs Camp Finder:

<https://www.campresource.com/summer-camps/florida/special-needs/>

Camp Wonderopolis - virtual, fun, interactive STEM and literacy-building topics: <https://wonderopolis.org>

Virtual 4-H Camp <https://4-h.org/about/4-h-at-home/camp/>

Camp No Limits: <https://nolimitsfoundation.org>

Camp Able: <https://www.campable.org>

VR Career Camps: Contact your local VR office for details

Camp Isola Bella - Deaf and Hard of Hearing Summer Camp :

<https://www.asd-1817.org/programs/camp-isola-bella>

Therapy Ideas for Home

Occupational Therapy

Occupational therapy helps to improve kids' cognitive, physical, and motor skills and build their self-esteem and sense of accomplishment. With OT, kids can develop fine motor skills, improve their hand-eye coordination, and master basic life skills for everyday tasks.

Fine Motor Skills:

- Color in a coloring book
- String beads/make jewelry
- Use Q-tips to paint with for a twist
- Craft activities, especially ones that involve cutting with scissors
- Help clean around the house, especially chores that involve using a spray bottle
- Sidewalk chalk

Visual Perceptual Skills:

- Play iSpy around the house
- Puzzles
- Play memory games
- Use items to make patterns
- Sort laundry by color
- Seek and Find books
- Video games

Sensory/Gross Motor Skills:

- Obstacle course
- Playground equipment
- Create a sensory bin
- Take pets for a walk
- Yoga
- Work in the garden/yard

Physical Therapy

Physical therapy focuses on helping children and adolescents improve their movement and bodily function. Its aim is to help children and adolescents achieve their developmental potential by addressing issues related to growth.

Gross Motor Skills:

- Walk pets
- Exercise routines
- Outdoor activities
- Summer organized sports, check with your local Parks and Rec for availability, signup dates and times, etc.
- Play Simon Says
- Dancing
- Swimming

Physical Therapy *cont'd*

Strengthening Skills:

- Crab soccer - check it out on YouTube!
- Have your child carry things for you
- Climbing, supervised of course!
- Use putty or playdough or better yet, have them help you make biscuits or bread and help with the kneading
- Gardening
- Create a tie together fleece blanket

Balance:

- Stand on one leg
- Balance beam or tape on the ground
- Jump rope
- Use a stand up scooter
- Skateboard
- Bike riding
- March in place
- Sit to stand, stand to sit
- Take a Yoga class



Speech Language

Speech Language therapy helps to improve kids' articulation, fluency, and/or communication skills and build their self-esteem and sense of accomplishment.

To promote language:

- Label items around the house
- Cook with your child
- Use sentence strips, try cutting them apart
- Grab a word search puzzle
- Label steps of routines

For following directions:

- Step by step activities
- Following a recipe
- Board games
- Play Simon Says with 2 or more steps
- Scavenger hunt

Social Skills:

- Play games as a family
- Facetime with family or friends
- Get a pen pal and exchange letters
- Social stories/role playing
- Play Charades

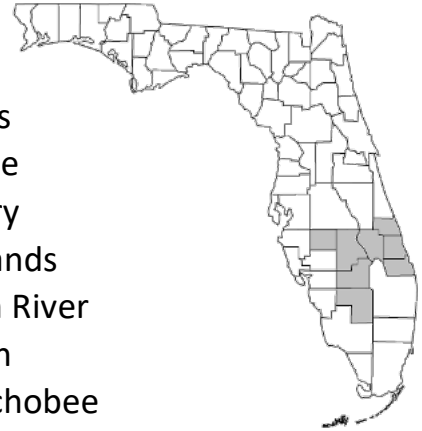
About Us

Our Services

The FDLRS (Florida Diagnostic and Learning Resources System) Keiser University Multidisciplinary Center (KUMDC) is one of six regional FDLRS Multidisciplinary Centers providing a range of services including screenings, transition assessments, mentoring and student seminars for children and youth at risk for or who have been identified as having complex medical, educational, emotional or behavioral problems and other risk factors for poor educational/academic outcomes. KUMDC also provides services for families, teachers, staff, and other stakeholders: Trainings and Webinars, Technical Assistance, Consultations and Case Conferences.

The center's goals support the indicators within the Bureau of Exceptional Education and Student Services (BEES) Strategic Plan and the Florida Department of Education (FLDOE) Strategic Performance Plan to prepare students with disabilities enrolled in public K-12 programs for high academic achievement and successful postsecondary outcomes.

Our Service Area



- Glades
- Hardee
- Hendry
- Highlands
- Indian River
- Martin
- Okeechobee
- St Lucie



Our Team



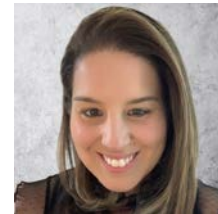
Cesar Rueda
Program Director



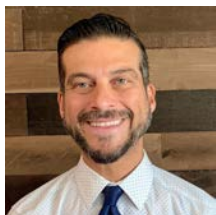
Cheyney Cushing
Behavior Specialist



Rita Ellis
Instructional Specialist



Melanie Fernandez
Behavior Analyst



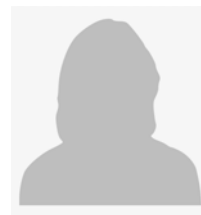
Christopher Groves
Education Consultant



Damien Hunte
School Support Officer



Ilene Miller
Consultant



Michelle Tano
School Psychologist



Malena Zamora
Behavior Analyst

Connect with Us!

For more information on FDLRS/KUMDC, our scope of services, and resources, please check out our website, Facebook page, or contact us. We look forward to hearing from you!



Email: KU-MDC@keiseruniversity.edu
Website: <http://www.kumc.keiseruniversity.edu>
Facebook: @KeiserUMDC