

# HAPPY NEW YEAR!

SSPC NEWSLETTER  
JANUARY 2026

## FUN WINTER RECIPE

### Apple Snowman

#### Ingredients

- Apples
- Raisins
- Carrots

#### Directions

- Cut apple into circular slices & place them onto a plate
- Add raisin eyes, mouth, and buttons
- Cut a sliver of carrot for nose & peel a long piece to form the scarf
- With remaining apple slices, cut a "top hat" shape

## UPCOMING EVENTS

Our Holiday Attendance Raffle Ends January 2<sup>nd</sup>! We will draw a winner for each of the four prizes on Monday January 5<sup>th</sup>!

## WHAT'S NEW?!

Please join us in welcoming two Occupational Therapist Interns! They will be starting their 12-week fieldwork on January 12th with Shannon & Jess!

Front Desk Changes: Rachel's last day with us will be January 2<sup>nd</sup>, we wish her the best of luck!

Please help us welcome, Erin, who will be joining our front desk team starting January 5th!

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## Indoor Heavy Work Activities for Kids

Proprioceptive input, also known as “heavy work,” is our sensation from our muscles and joints that lead to body awareness.

Proprioceptive input tends to have a calming and organizing effect on the body, particularly when feeling overwhelmed or over stimulated.

### Playtime Activities

- Wheelbarrow walks or animal walks, such as bear crawls, crab walks, or frog jumps
- Build an obstacle course or a fort
- Tug-of-war
- Blow bubbles or whistles
- Do yoga
- Play with dough or putty-squish, squeeze, roll

### Chore or Household Activities

- In the kitchen, stir thick batter, roll out pizza dough
- Carry laundry bag or groceries into the home
- Pushing or pulling activities such as vacuuming, sweeping, and wiping down countertops
- Pushing the shopping cart or carrying the shopping basket