



6th Annual
Holiday
Toy List

OWL Therapy Services
2025



A Note from the Team:

The following recommendations are not intended nor suggested to replace direct therapy by a certified Speech Language Pathologist or Occupational Therapist.

OWL Therapy Services makes no claim of therapeutic success by purchase of toys alone.

The team at OWL Therapy Services receives no influence or reimbursement from any toy recommendation or company listed below.

We just really like them!

A red starburst graphic with a jagged, sunburst-like edge, containing white text.

Click on the
items for a
direct link!

Occupational Therapy

These items can be used along with loved ones for connection time to fill their cup, co- regulation to help build self- regulation, and participate in life skills through our favorite occupation– play!



Emily loves....

This tool is a squishy, dense cube that can be squeezed or pulled without noise and minimal visual distraction. The Nee Doh Nice Cube can provide heavy proprioceptive work for the hands which can improve focus and prevent or reduce overwhelm.



Lauren's choice...

I like this game because it is quick and easy to learn. It requires attention, strategy, and impulse control during a fast paced game that is a lot of fun for a whole group.



Zach's top pick.....

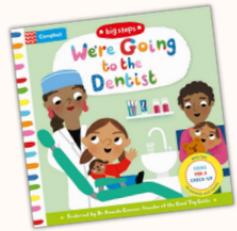
Rush Hour is more than a fun, screen-free logic game —it's great for supporting foundational skills kids use every day. As children work to navigate cars and trucks out of "traffic," they practice key visual perceptual abilities. Rush Hour is engaging, portable, and naturally gradable—children can start with simpler puzzles and build success as the levels get harder. It's a wonderful way to support learning through play during the holiday season.





More OT Recommendations

Play with items for dentist or other medical visits are a great way to help communicate a sense of safety and for children to know what to expect. Having a set for playing and familiarizing a child with items involved for these experiences can help spark conversations and work through scenarios in a fun way. Pairing with a book about these topics is also great to do!



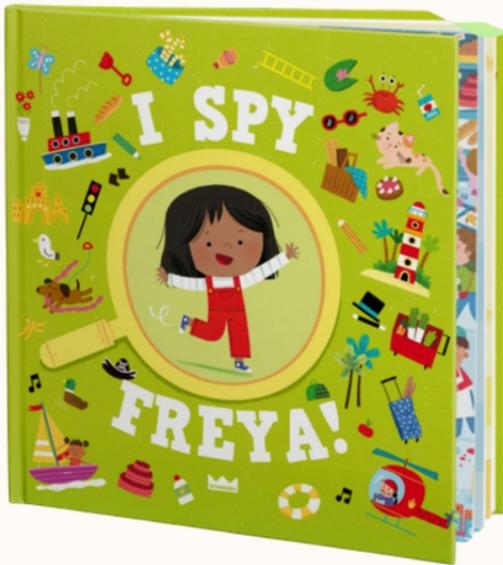
Other OT Favorites



Things our Speech Therapists Love!

Covering a wide range of interests and abilities, our SLPs (Speech Language Pathologists) share their favorite, most used items and hope it helps spark creativity during your gift giving this year!





Personalized books can create more motivation during reading time!

Weighted animals help us incorporate sensory regulation into sessions!



Interactive Puzzles

These racing puzzles are so fun and engaging! Kids of all ages love to race the cars, bus, or boat.



**Make
vocalizations
and imitations
extra fun and
loud!**



Reusable sticker pads/scenes are great for requesting, naming, descriptors, categories, positions (next to, behind, over, under), formulating sentences, and narratives.

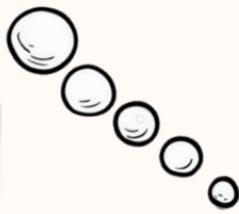


Waiting Room Approved!



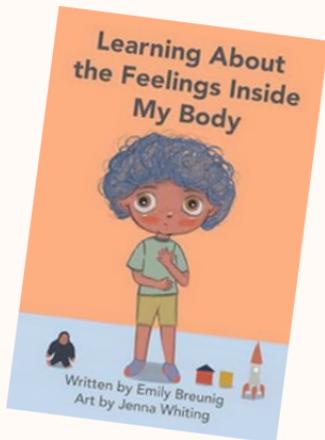
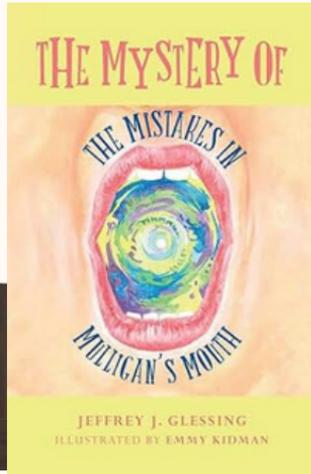
On our own wish list...

Tato-tot
pets for
Mr. Potato
Head!





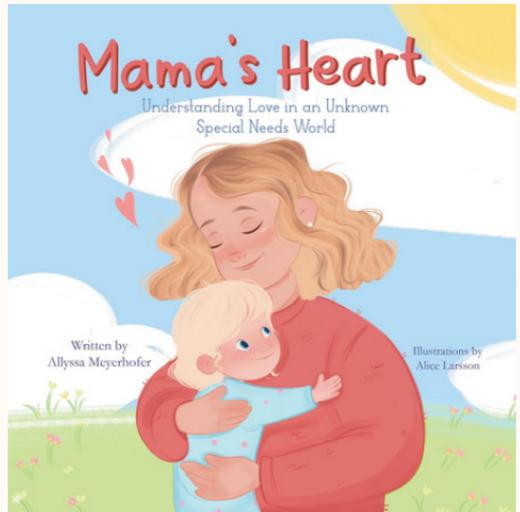
OWL Authors!



Local items we love!



Taylor's Treats
Byron, MN
Edible Play-Doh Sets



Local Mom and Author
Allyssa Meyerhofer

OWL CAREGIVER/PARENT CONNECTION GROUP



As we enter a busy holiday season, we want you to know we are here for you.

Caregivers face an immense mental load, and we hope that our free connection group helps you feel seen and heard during all of your challenges and celebrations.

I hope you take time for yourself, breathe, and remember that your presence is always greater than your presents.

-Lauren Glessing,
Owner, OWL Therapy



Happy Holidays!



From all of us at
OWL Therapy Services!



www.owltherapyservices.com

