

## Activities and support for your child to enjoy at home

These activities are especially appropriate for SOCIAL PARTNERS.

A Social Partner communicates primarily through body language, gestures, facial expression and vocalizations (noises, sounds).

During this time when many of us are educating our children at home, we need ideas of how to keep them occupied. Here is a collection of ideas to keep us all motivated and happy.

This collection of ideas concentrates on **Physical movement**. Many of our children like to be very active. They like to be on the move most of the time. Try some of these ideas:



**Broom Hockey** – lay paper plates on a laminate or tile floor and push them around with a broom. Add letters, numbers, colours etc. to the plates to connect with what your child is motivated by. Use a chair as the goal and try and sweep the plates under the chair to score a goal.

**Action songs** – Row Your Boat. Sit opposite your child so that they can see your face and you can hold their hands. As you sing rock back and forth while

holding their hands. Can you feel them pulling and pushing you as they share the song with you?



**Painting with water**  
outdoor activity for tots



**Water painting** – If you have access to a garden or outside area with concrete floor or brick walls, this is a great way for children to enjoy ‘mark making’.

Using just paintbrushes and rollers fill buckets and roller trays with water and let them paint the water over the dry surfaces to see it change colour.



INDOOR GROSS MOTOR FUN!  
walking on pillows



**Pillow pathway** – Lay cushions in a pathway across the room or hallway for a fun, Sensory feedback game. Or place a group of pillows in a large square, cover with an old duvet for a squashy jumping platform.



**Pop jump** – bubble wrap is a great material for cause and effect'. Hearing that 'pop!' just makes us want to do it more. Lay strips or squares of bubble wrap on the floor and hold in place with sticky tape. Now just jump and pop!!

**Balloon Tennis** – all you need is a few balloons blown up and a fly swatter or tape a paper plate to a wooden spoon. Now hit the balloon with the fly swatter to your partner or hit the balloon along the hall/landing to the other end and celebrate your achievement with a big 'high 5'.



Balloon Tennis



**Box knock down** – using empty boxes, build a tower then try and knock down the tower with a ball. You could make a small version of this game using empty toilet roll tubes stood in a line. A bit like ten pin bowling.

SIMPLE GROSS MOTOR PLAY  
with Cardboard Boxes

**Swing hammock** – using a large sheet, wrap around the table and secure with a tight knot on the top of the table.



**Climbing through the rainbow** – using ribbon or strips of material, attach them around the room to make a web design. Now try and step in-between the strips.

**Cardboard boxes** – large cardboard boxes can be used for all sorts of physical activities. If they are large enough for your child to get into, let them explore its shape. They can climb in it. They can climb on it. Let's see what else they like to do with it.

