

Activities for Engagement at Home

*Structure the day the best you can. We know that predictable routines are beneficial.

1. Set up “Story Time”

- Read stories together, have your child turn the pages and interact with the book.
- Label/comment on pictures to provide vocabulary and encourage joint attention.
- Provide your child with a few books and encourage him to look at them independently for a leisure activity.
- Encourage them to match the pictures or words to the teacher-made books sent home.

2. Set up “Cooking Time”

- Have your child assist you with making simple items such as pudding, cookies, jello etc. Provide hand over hand assistance to help the activity be fun and successful!
- Encourage them to “stir” “scoop” “pour” and “open”. Model these actions and comment on what you are doing together.

3. Set up “Art Time”

- Make it simple and use whatever materials you have. You can just place plain paper on the table and have them practice coloring, gluing, painting and writing their names. Join in the activity with them, it’s great to see a model!
- Art time can also be for sensory input (if you are okay with getting messy).
- Play with shaving cream on the table, finger paint with pudding or paint.
- Gather small containers and fill them with sensory materials such as rice, beans, pasta (anything textured), water, and water with a little bit of soap for bubbles. You only need a small amount for input and fun!

4. Set up “Music Time”

- Play favorite music and dance together.
- Play musical chairs.
- Sit together and sing songs. Encourage your child to imitate your actions.
- Use instruments. If you do not own any that’s okay-you can make your own!
- Pots, pans, bowls are great drums with or without a wooden spoon.
- Place rice/pasta inside a small container that can be sealed tight to make a shaker.

5. Set up “Leisure Time”

- Provide your child with toys, books, iPad, movies etc. that they prefer. Give them time to “play” and explore the items. Facilitate if needed.
- Play outside, go for walks. Play chase together.
- Play games together. Don’t worry about the rules, play the game as simple as needed for your child. You can assist them with matching colors, numbers, spinning spinners or just

rolling the dice while you move their piece. Taking turns is great for teaching joint attention and reciprocity.

6. Set up “Movement/Exercise Time”

- Exercise together! You can do:
- Sit-ups (secure your child's bent knees while they reach up towards you)
- Stretches (arms up and down slowly)
- Marching in place
- Jumping
- Twists (hands on hips and rotate body side to side)
- Side bends (arms up then bending left to right then right to left)

*You know your child- so you set up the expectations for how long you exercise and for how many reps of each exercise you do. It is okay if they are unable to perform the exercise exactly. We are focusing on movement, motor planning and imitation.

7. Encourage your child to “Help” out around the house. You may need to physically assist them but they can help with:

- Carrying the laundry basket
- Putting clothes away in drawers/dressers/closets
- Folding towels
- Washing the table
- Setting the table
- Cleaning up after meals by putting non breakable items in the sink, garbage in the trash/pail
- Encourage them to dress themselves or assist you with dressing them
- Encourage them to put their dirty clothes in the hamper
- Encourage them to pick up their toys or put things away with you

*Don't forget that sensory input can and should be provided throughout the day (in between the above activities) for regulation.

- Provide pillow or ball squishes
- Provide deep pressure by hugging/squeezing your child
- Use blankets for your child to hide under or wrap them up in a blanket for input
- Go for walks or even just walking up and down stairs if unable to go outside