

Turn Taking

- Use duplo, lego or building blocks to make towers together
- You can use pipe cleaners to make hoops or bangles or hair bobbles or anything to hand
- Take turns 'tossing the ring' over the blocks
- How many towers can you hit?



Calming

Ways to give pressure to your body - Helps attention and concentration

- Try some out and then do two together e.g First jumping, Now hopping.
- Find out which ones your child prefers and then make a little activity sequence.
- Draw the sequence for your child to follow.



Bouncing on a ball



crawling



jumping forward



crawling along



hopping



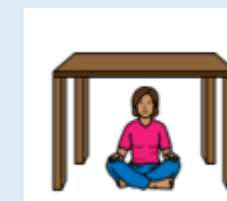
Sweeping



crawling through



pulling blanket



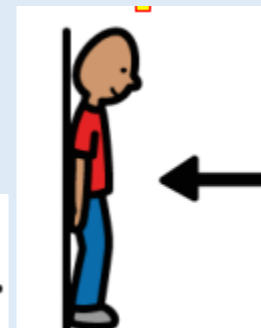
crawling under



lie on ball



Lie on stomach



push against the wall



carrying a heavy bag



hugging

Independence skills



Helping make a sandwich

- Give your child a choice of two fillings for a sandwich
- Draw on paper the ingredients and utensils your child will need to find
- Follow the instructions on the link below for a step by step guide
- <http://www.primaryresources.co.uk/english/sand.htm>