



## Games to Encourage Eye Contact

<p><b>Duck Duck Goose!</b></p>  An illustration of four children sitting in a circle on chairs. One child is standing and looking towards the others, while the others are sitting and looking back. The scene is set against a light blue background with a white grid pattern.	<p>You will need 3+ people for this game. The leader walks around the circle while everyone is facing outwards. Instead of saying 'Duck Duck Goose', the leader looks at each person without saying anything and will wink/blink for the person who is the 'goose'. The 'goose' must then chase the leader around the circle and try to catch him before he takes their seat. The person left standing is the leader for the next round.</p>
<p><b>Eye Spy</b></p>  A cartoon illustration of a large, blue eye with a face, wearing a brown hat and holding a magnifying glass. The eye is looking to the right.	<p>You will need 2+ people for this game. Everyone must close their eyes while the leader selects what they will be looking at in the room. Set a timer e.g. 1 minute, and during this time the leader sits in silence looking at the item. The other players follow this gaze and take turns naming items that they think the leader is looking at. If guessed correctly, the person who guessed correctly is now the leader. If it is not guessed within the time, the leader moves closer to the item one step at a time while continuing to look at it until it is correctly guessed. The player who guesses it correctly, is the winner and takes the next turn.</p>
<p><b>Ball/Balloon Games</b></p>  A simple line drawing of a soccer ball with black and white hexagonal panels.	<p>You will need 2+ people for this game. Play throwing and catching games and incorporate eye contact into each turn. Place the ball/balloon behind your back and make eye contact with a person before throwing it.</p>

### Box of Objects



You will need 2+ people for this game. The leader sits opposite the other players with the box of objects in the middle of the table. The leader takes out 2 objects to start with and place them on the table. The leader asks 'What am I thinking about?' and use his/her eyes to point to one of the objects. When players correctly name the objects, they keep these and the winner at the end of the game is the person with the most amount of objects who is the leader when the box is empty. Increase the difficulty by placing more objects on the table at once.

### Simon Says



You will need 2+ people for this game. Create a series of eye signals together and practice these before commencing the game. Examples:

- Look up: Move forwards one step
- Look left: Step left
- Look right: Step right
- Blink: Jump

Play Simon Says as you usually would do but use these eye signals instead of words for the instructions. For example, 'Simon Says...(use your eyes to look up)'. Wait for the player(s) to carry out the action. At some point, omit Simon Says and do just an eye signal (e.g. look right). If any player(s) do the action, then they are out. Take turns at being the leader.

### Mirror Game



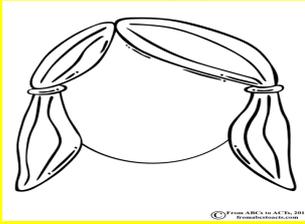
You will need 2+ people for this game. One person in the pair is the mirror and has to copy all the actions and silly faces that the other person makes. Take turns so everyone has a turn initiating and copying.

### Face Painting



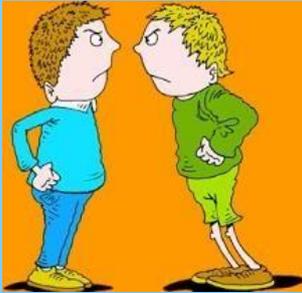
You will need 2+ people for this activity. As you will be close to your child and face to face during this activity, it encourages eye contact. Take turns painting each other's faces and engaging in conversation about what is happening or other topics of interest while promoting eye contact.

### Drawing Eyes



Get your child to draw in the blank face templates. Ask them to draw their eyes in a way that focuses on eye contact. Get them to show you what good eye contact looks like and what bad eye contact looks like on paper and discuss why they think it's good/bad e.g. looking left, looking up, looking right and looking straight. (See face templates below)

### Staring competition



You will need one or more pairs for this activity. Sit opposite each other and the first person to look away or blink loses the game. It may be a good idea to set a timer and you both win if you get to that point or to purposefully blink/look away so your child can be successful. Discuss the difference between staring and good eye contact during interactions.

### Video Analysis



You can also video your child's interaction with another member of the family focusing on good eye contact skills and get your child to watch it back and ask them how they think their eye contact during the conversation was. The visual- feedback may help your child recognise that they need to work on their eye contact skills and help them identify what they would do better. It is also a good idea to ask your child what they think they did well in the video also and praise them for this

### Practice cards

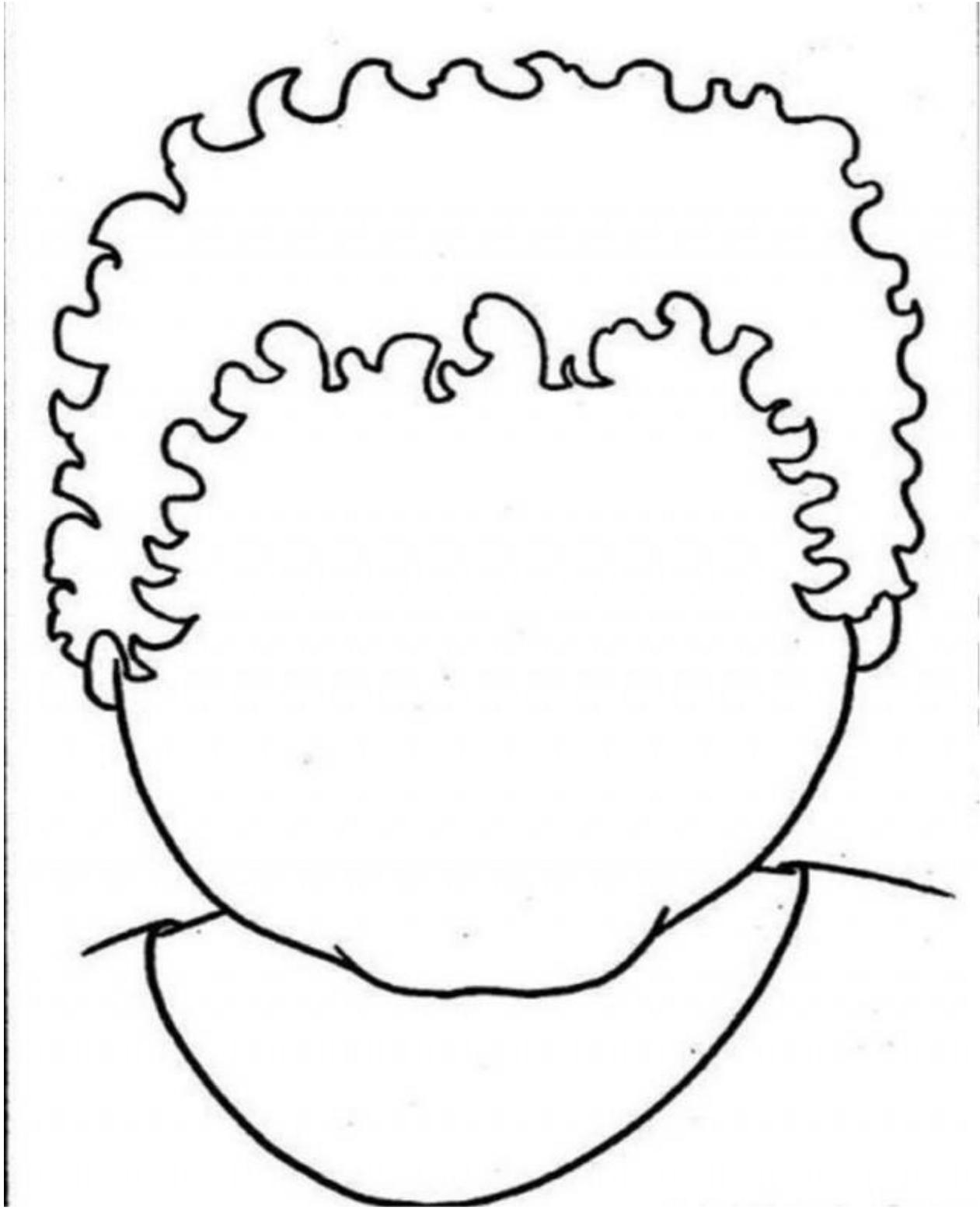


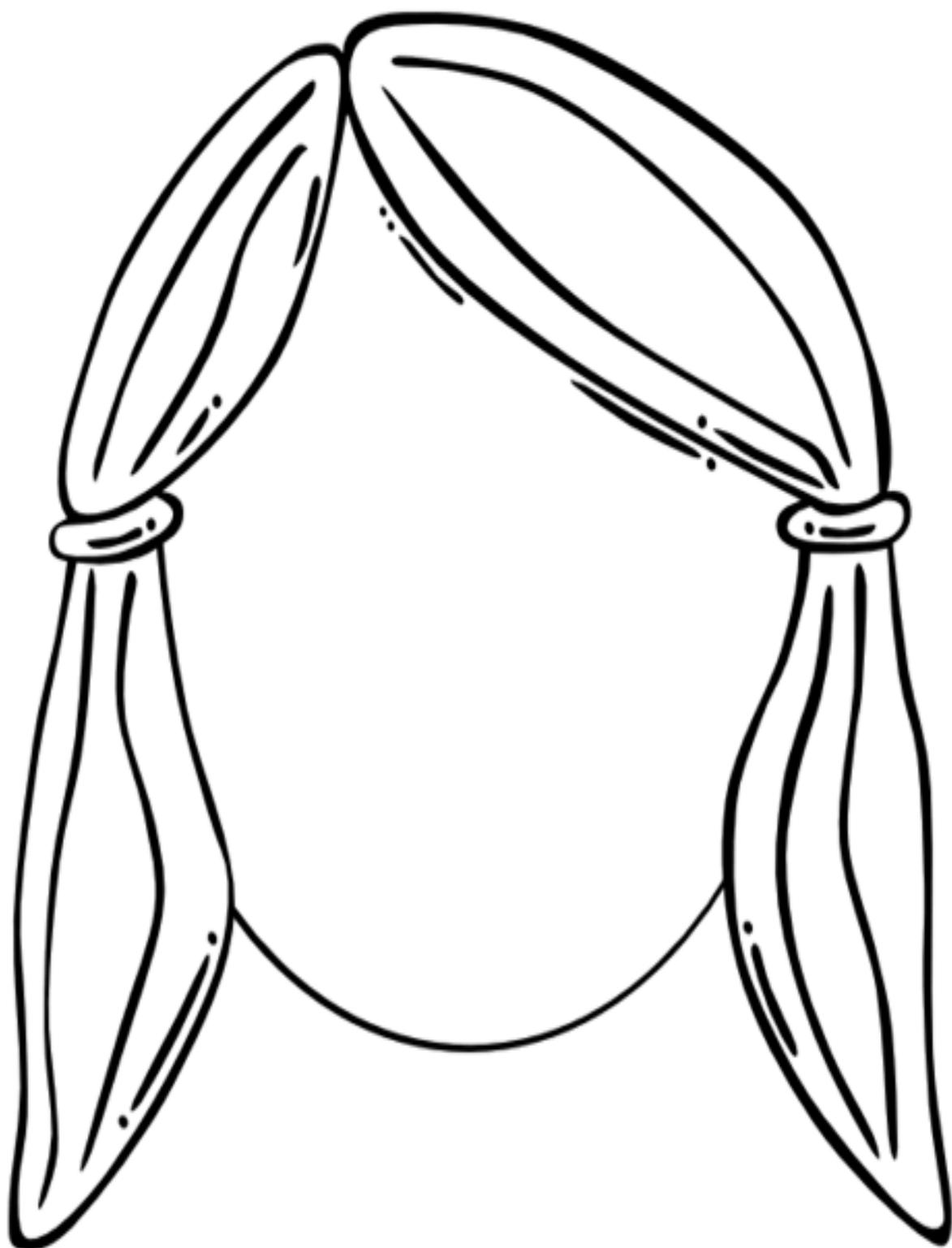
*What is your favourite Tv show ?*

You can practice social skills such as eye contact in a fun way. You can make up a set of scenario cue cards that will consist of different conversation topics that are interesting to your child. The conversation topics are written onto different cue cards to help prompt a short conversation between your child and a family member. The focus of this activity is to practice good eye contact skills during the conversation. During. Get your child to pick a card and start the conversation practicing good eye contact skills.

Here are some examples of conversation topics you can put on the prompt cue cards:

- What is your favourite activity?
- Tell me about your favourite toy?
- Pick one of your family or friends. What exactly does this person look like?
- What did you do last weekend?
- What is your favourite TV show? Explain to me what it's about and why you like it.
- Ask me about what I do when I'm at work?
- Ask me some questions about what I like to do in my spare time.







## References

### Websites:

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