











10 Fun and Useful Things to Do at Home

Just have fun with these. You already have more than enough on your plate at the moment. Don't even think about them as therapy, just enjoy the time with your child knowing that these will provide plenty of 'therapeutic' opportunities for your child. With all of these the activity itself is a great opportunity to work on some the underlying challenges your child faces, the preparation and clean up time are equally important.

| Activity | Description | Areas Addressed |
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| <p>Baking</p>  | <p>All types of baking are a really fun activity for your child, not only therapeutically but educationally (reading, maths, etc.). Baking bread or making pastry in particular are really wonderful because of the requirement to kneed the dough with your hands.</p> <ul style="list-style-type: none"> • https://veggiedesserts.com/easy-bread-shapes-kids/ • https://foodlets.com/2018/10/22/the-easy-bread-recipe-your-kids-can-make-themselves/ • https://youtu.be/l0XACQq-MAw | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Following instructions 4. Time management 5. Fine motor skills 6. Proprioception 7. Upper limb strengthening 8. Shoulder stability 9. Tactile 10. Sequencing 11. Problem solving |
| <p>Treasure Hunt</p>  | <p>You could make a simple map of your house or garden. Mark on it as many clue points as you like. At each clue point the children have to solve a problem, answer a question, perform an activity, etc. Be as creative as you like.</p> | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Routine 4. Following instructions 5. Spatial awareness 6. Time management 7. Fine motor skills 8. Proprioception 9. Tactile 10. Sequencing 11. Gross motor 12. Teamwork 13. Problem solving |
| <p>Hanging Up Washing</p>  | <p>Household chores can be a pain for us because we have to do them all the time and usually we have a million other things to do. But children like helping, it makes them feel grown up. It's also a good opportunity for a chat about how it's good when people work together and make a</p> | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Following instructions 4. Time management 5. Fine motor skills 6. Shoulder stability 7. Spatial awareness 8. Proprioception 9. Tactile |

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| | contribution to the community, in this case the household. | <ol style="list-style-type: none"> 10. Sequencing 11. Gross motor 12. Problem solving 13. Independence |
| <p>Make Slime</p>  | <p>Making slime is such a wonderful messy tactile activity. You can get extra bang for you buck by adding texture to the slime with sand, or by hiding things in the slime the children have to find.</p> <ul style="list-style-type: none"> • https://www.thebestideasforkids.com/fluffy-slime-recipe/ • https://www.thekitchn.com/how-to-make-3-ingredient-slime-without-borax-245904 • https://www.homesciencetools.com/article/how-to-make-slime/ | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Following instructions 4. Time management 5. Fine motor skills 6. Shoulder stability 7. Spatial awareness 8. Proprioception 9. Tactile 10. Sequencing 11. Gross motor 12. Problem solving |
| <p>Car Wash</p>  | <p>Does exactly what it says on the tin. Maybe keep this on for a sunny day. You can add value to this by encouraging the children to write their name etc., in soap suds on the car. Encourage the children to reach as far as they can in any direction and if there are buckets of water involved and not just a hose, encourage the children to carry them. Just remember not to over-fill them.</p> | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Following instructions 4. Time management 5. Fine motor skills 6. Proprioception 7. Upper limb strengthening 8. Shoulder stability 9. Tactile 10. Sequencing 11. Problem solving 12. Spatial awareness 13. Gross motor 14. Teamwork 15. Problem solving |
| <p>Puppet Show</p>  | <p>Hand puppets, finger puppets, puppets on sticks, let the children decide. So many opportunities for cutting, pasting, drawing, colouring, etc. The children can work together to 'write' a script and think of a story. They can make the puppets, the theatre, the costumes and props. They could even video their show and send it to relatives</p> | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Following instructions 4. Time management 5. Fine motor skills 6. Proprioception 7. Upper limb strengthening 8. Shoulder stability 9. Tactile 10. Sequencing 11. Story telling 12. Narrative 13. Writing 14. Typing 15. Problem solving 16. Spatial awareness 17. Gross motor 16. Teamwork 17. Problem solving |

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| <p>Build a Blanket Fort</p>  | <p>Who doesn't love a fort or hut made from blankets and cushions? In these stressful and uncertain times it might also be nice for the children to have a 'safe space' where they can go to have some quiet time or to play together.</p> | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Fine motor skills 4. Proprioception 5. Upper limb strengthening 6. Shoulder stability 7. Tactile 8. Sequencing 9. Problem solving 10. Spatial awareness 11. Gross motor 18. Teamwork 19. Problem solving 20. Construction skills 21. Cause and effect |
| <p>Hoovering</p>  | <p>In many ways this activity is very similar to hanging the washing on the line. It might be a good one for when it's wet outside.</p> | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Following instructions 4. Fine motor skills 5. Shoulder stability 6. Spatial awareness 7. Proprioception 8. Sequencing 9. Gross motor 10. Problem solving 11. Independence |
| <p>Back Garden Olympics</p>  | <p>With the children invent a set of Olympic events. These could include things like:</p> <ul style="list-style-type: none"> • Running to the end of the garden and around the tree 4 times • Crawling underneath a blanket to find three requested items • Putting on your coat quickly • Sack races with old pillowcases • Egg and spoon with a potato • Running, Jumping, Hopping, Throwing • Soap bubble bursting <p>Have fun and be creative with your activities, the prize categories and your award ceremony. You might even have an opening ceremony and the children can make flags and costumes.</p> | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Following instructions 4. Fine motor skills 5. Spatial awareness 6. Proprioception 7. Sequencing 8. Gross motor 9. Problem solving 10. Teamwork |
| <p>Pizza Restaurant</p>  | <p>To be honest it could be any kind of restaurant, but pizza is just as good as any and the children can be really involved in the following:</p> <ul style="list-style-type: none"> • Making the dough • Choosing and preparing the toppings • Decorating the restaurant • Designing and making the menu • Setting the table | <ol style="list-style-type: none"> 1. Planning 2. Organisation 3. Following instructions 4. Time management 5. Fine motor skills 6. Proprioception 7. Upper limb strengthening 8. Shoulder stability |

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| | <ul style="list-style-type: none"> • Dressing up • Taking the orders <p>I'm sure you can think of lots of other ways to knock value out of this type of activity.</p> <ul style="list-style-type: none"> • http://allrecipes.co.uk/recipe/26162/children-s-homemade-pizza.aspx • https://youtu.be/K2RB1KcNtAM | <ul style="list-style-type: none"> 9. Tactile 10. Sequencing 11. Story telling 12. Narrative 13. Writing 14. Typing 15. Drawing 16. Cutting 17. Problem solving 18. Spatial awareness 19. Gross motor 22. Teamwork 23. Life skills 24. Cutlery use 25. Problem solving 26. Project management |
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Good Luck and Have Fun – let me know if you need more