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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Areas Addressed</th>
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</table>
| Baking         | 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 knead the dough with your hands. | 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 |
|                | - [https://veggiedesserts.com/easy-bread-shapes-kids/](https://veggiedesserts.com/easy-bread-shapes-kids/)  
- [https://youtu.be/l0XACQq-MAw](https://youtu.be/l0XACQq-MAw)                                                                 |-------------------------------------------------------------------------------------------------------|
| Treasure Hunt  | 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. | 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 |
|                |                                                                                                                                                                                                            |-------------------------------------------------------------------------------------------------------|
| Hanging Up     | 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 | 1. Planning  
2. Organisation  
3. Following instructions  
4. Time management  
5. Fine motor skills  
6. Shoulder stability  
7. Spatial awareness  
8. Proprioception  
9. Tactile |
| Washing        |                                                                                                                                                                                                            |-------------------------------------------------------------------------------------------------------|
|                |                                                                                                                                                                                                            |-------------------------------------------------------------------------------------------------------|
| Make Slime | 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.  
- [https://www.thebestideasforkids.com/fluffy-slime-recipe/](https://www.thebestideasforkids.com/fluffy-slime-recipe/)  
- [https://www.thekitchn.com/how-to-make-3-ingredient-slime-without-borax-245904](https://www.thekitchn.com/how-to-make-3-ingredient-slime-without-borax-245904)  
11. Gross motor  
12. Problem solving  
13. Independence |
| --- | --- | --- |
| Car Wash | 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. | 1. Planning  
2. Organisation  
3. Following instructions  
4. Time management  
5. Fine motor skills  
6. Proprioception  
7. Upper limb strengthening  
9. Tactile  
10. Sequencing  
11. Problem solving  
12. Spatial awareness  
13. Gross motor  
14. Teamwork  
15. Problem solving |
| Puppet Show | 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 | 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 |
### Build a Blanket Fort

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.

|--------------|------------------|----------------------|-------------------|-----------------------------|----------------------|-----------|---------------|-------------------|----------------------|------------------|-----------------|-------------------|---------------------|-------------------|

### Hoovering

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.

|--------------|------------------|---------------------------|----------------------|-----------------------|----------------------|-----------------|---------------|----------------|----------------------|-----------------|

### Back Garden Olympics

With the children invent a set of Olympic events. These could include things like:
- 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

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.

|--------------|------------------|---------------------------|----------------------|---------------------|-------------------|--------------|----------------|-------------------|-----------------|

### Pizza Restaurant

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:
- Making the dough
- Choosing and preparing the toppings
- Decorating the restaurant
- Designing and making the menu
- Setting the table

|--------------|------------------|---------------------------|---------------------|----------------------|-------------------|-----------------------------|-----------------|

3
<table>
<thead>
<tr>
<th>1. <strong>Dressing up</strong></th>
<th>9. Tactile</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. <strong>Taking the orders</strong></td>
<td>10. Sequencing</td>
</tr>
</tbody>
</table>

I'm sure you can think of lots of other ways to knock value out of this type of activity.

- [http://allrecipes.co.uk/recipe/26162/childrens-homemade-pizza.aspx](http://allrecipes.co.uk/recipe/26162/childrens-homemade-pizza.aspx)
- [https://youtu.be/K2RB1KcNtAM](https://youtu.be/K2RB1KcNtAM)

| 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**