

Activity One: Bubbles

Why?

- To develop attention and listening skills
- To develop taking turns and doing an activity with another child or in a small group
- To follow adult direction
- To have fun!

Who? With at least one other child – start with one and add another when you think it is appropriate and the child will be able to manage. **If it is too much, go back to just one other child.**

Where? You can play this anywhere! At home, at nursery, at school, in the park, anywhere!

Tips: You can use bubbles that you blow with a wand or that you put in a dish and blow with a bubble gun.

You need: An adult and at least two children and bubbles.

What you do: Blow some bubbles and tell the children to pop them. Variations:

- Blow the bubbles, the children can't pop them until you say, "Ready! Steady! POP!"
- The children take turns to pop bubbles, rather than pop them at the same time as each other
- One child blows bubbles and the others pop them
- Instead of popping bubbles, children can clap on the bubbles, jump on them – you can use different actions to pop them.

Activity Two: Following Instructions to stop and go!

Why?

- To develop attention and listening skills
- To follow adult direction
- To do an activity with another child or in a small group
- To have fun!

Who? With at least one other child – start with one and add another when you think it is appropriate and the child will be able to manage. **If it is too much, go back to just one other child.**

Where? You can play this anywhere! At home, at nursery, at school, in the park, anywhere!

Tips: Make sure it is motivating and fun. Watch closely to see when you think you should finish the activity. Playing it for too long can result in losing interest, getting overexcited and finding it hard to regulate emotions and sensations.

You need: An adult and at least two children.

Version one: Everyone runs around in a big circle. After a few seconds, shout, "STOP!" Freeze in an exaggerated pose, which the children will probably start to copy if you do this every time you stop. After a short time, say, "Go!" and everyone runs again, until you say, "Stop!" And so on!

Additions: Let the children say stop and go.

Version two: You need: musical instruments, e.g. shakers, drum, bells, etc. Everyone chooses one and puts it on the table in front of them. Say, "Hands on the table!" and everyone puts their hands on the table. Look at the children to build anticipation and then after a short time, say, "Go!" and everyone picks up their instrument up and plays it until you say, "Stop!"

Additions:

- Let the children say go and stop
- Before you say "Go!" sing so that you build up anticipation – they know are going to say, go, but they don't know when
- Increase the length of time that they have to wait for you to say go