

Personal and social developmental activities.

Please complete at least 1 activity per day.

Social skills and conversation skills

- Board games/ Card games
- Emotion charades
- Following directions e.g. Simon says
- Blind building challenges – 1 person builds a structure without the other seeing it and then has to use language to explain how to build it to the other person.
- Team games e.g. building a tower together, catch
- Mirroring your child's actions
- Topic game – go through the alphabet naming items on a specific topic e.g. fruit and vegetables
- Topic game – word association
- Read a book together and discuss the story

Sensory based activities

- Sensory walk – sounds, sights and smells
- Water play
- Mud kitchen
- Breathing – bubble blowing to make different size bubbles
- Cooking together (also following simple instructions)
- Fruity Fridays could continue at home where children smell, lick and/or taste a new fruit and discuss what it feels or tastes like.

Memory activities

- Memory tray
- Draw a picture and give instructions for children to follow then compare if the picture is the same.
- I went to the shop and I bought...