Ideas for 15 Minute Play Sessions At Home

1. **Toys across the Table**
   A controlled activity which is adult led.
   
   - Adult led – Hand over hand 1:1 or 2:1 with child (1 adult sitting behind child, guiding activity).
   - To encourage pointing, reaching, requesting, turn-taking, stopping and starting, PECs.
   - Possible activities to include:
     - Posting, stacking, building with bricks, spinners, bubbles, pop-up & wind-up toys, press button activities, friction train-tracks, cars, ball runs, hats & mirrors, Sensory toys.

2. **Interaction Session: ‘Let’s Go’**
   - Child led – Adult copies child’s play and mirrors actions.
   - To encourage reciprocal play/copying/rough & tumble.

3. **Floor Play and Rhymes**
   - Adult led.
   - Repetition of familiar lap games and rhymes which are repeated and ‘rehearsed’ every day and added to.
   - To encourage-copying/requesting/anticipation.
   - Possible activities to include:
     - Ready, steady, go, tickles, chasing, stop & go, up & down, Hide & seek, burst and pause, ball & tube, Lycra stretching, Peek a Boo, rolling Ball, wrapping up in a rug.

4. **Wind Down and Finish**
   ‘Snuggling in’ and reward to mark end of play together.