

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.