



Simple Kids Activities & Routines

Use school/childcare as the framework and honor what had been your child's routine:

- ✎ When are they used to having breakfast? Snack? Lunch?
- ✎ When is recess?
- ✎ Break the day into small chunks much like school does with subjects.
- ✎ If your child has assigned schoolwork, do they work best in the morning or afternoon?

Dedicate time for play

Child-led play is *huge* for kids. When a child is imagining, creating, building or inventing, they are doing some serious learning.

In your new daily schedule, have a few 15- to 30-minute blocks (more or less time depending on your child's age and play development) of dedicated child-led play. The more a child plays, the more they *learn* to play.

A few tips for effective playtime:

- ✎ **Weed out the unused and broken toys:** If it's hard to find the good toys, it's hard to find the good play.
- ✎ **Move the "open-ended toys" to the front:** Toys with lights and batteries that sing, and talk won't hook your child into play as well as simple toys (think toys from your childhood – blocks, cars, dolls, kitchens...).

Schedule in some easy indoor activities

As you plan your schedule, think of places where an activity might be helpful to transition from one-time block to the next, like after snack time or before dinner.

- ✎ **Box Road** – Flatten out a box and draw a road in marker. Add blocks, trucks and other toys for kids to build a city.
- ✎ **Toy-Washing Bin** – Let your kids wash their plastic toys. Add tear-free bubbles, sponges, towels and other supplies.



- ✎ **Trash Art** – Find some recycled materials and let your kids paint them. Kids love painting random objects and making beautiful creations from them.
- ✎ **Building-** Build a fort with blankets, pillows, and anything that can help those creative live minds explore some imaginative play. Or evening building small crafts with recyclable items such as wooden sticks, straws, toothpicks, etc.



- ✎ **Holiday Crafts-** think of any upcoming holidays that you would like for you and your child to get a head start on.
- ✎ **Sticky Match-Up** – Draw shapes, letters, numbers, words or math problems on sticky notes and hide them around the house for your child to find. Then have the child match them up on a “key” that hangs on the wall.



Build in reading

Put in reading blocks. Based on the age of your child, you can do anything between 5-15-minute blocks of reading either with your child, independently, or as a family.

Outside Time

If you have a backyard, let the kids run around there. Outdoor time has lots of benefits for kids – and a key one for you: If they burn off steam, they may be more tired and willing to go to sleep at night.



Make a screen time routine

If you choose to have screens available to your kids while school is closed, use them wisely, as a parenting tool.

To keep your kids from “over-indulging” on screens:

- ✏ **Make screen time predictable:** have a set time in the schedule so children know when to expect screen time (like while you make breakfast or before nap time) and for how long.
- ✏ **Turn it off:** Follow through when the scheduled time for screens is over, and don't leave TV on as background noise. If the house feels too quiet, turn on some music instead.

Online & Apps

- ABC Mouse – New members get free membership with code SCHOOL7771 or SCHOOL7581
Try both codes, sometimes they work and other time not

https://www.abcmouse.com/sub_D5

- Scholastic Learn at Home has launched a FREE online program for all kiddos
<https://classroommagazines.scholastic.com/support/learnathome.html>

- PBS Kids: How to Talk to Your Kids about Coronavirus

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

- PBS Kids has also created a daily newsletter for kiddos. The email sign up is:

<http://public.pbs.org/PBSKIDSDaily?source=pbsparents>

- National Parks Google Earth Tours

<https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>

*Families will need laptop/computer that supports Google Earth

- These 12 famous museums offer virtual tours you can take on your couch:

<https://www.yahoo.com/lifestyle/stuck-home-12-famous-museums-185921806.html>

*For older kids & adults – may not hold the attention of littles



- 20 Virtual Field Trips to Take with Your Kids

This blogger has a great list of fun things to do with your kiddos online!

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

- Cincinnati Zoo has started a Home Safari Resource – Zoo Staff goes live every day at 3 PM on their Facebook page, if families do not have social media the live streamed videos will be uploaded shortly after they end to their website and youtube channel

<https://www.facebook.com/cincinnati-zoo/>

<https://www.youtube.com/user/CincinnatiZooTube>

- Author, Mo Willems, has created daily “Lunch Doodles” in partnership with the Kennedy Center. The Author posts how to draw videos. So cute!

<https://www.kennedy-center.org/education/mo-willems/>

Calming and Grounding Strategies

ENVIRONMENT

- Maintain calming environment. Notice what is on television. Is it promoting calm?
- Limit interruptions in the area
- Use calming video as a visual aide—maybe of aquarium or gentle breezes
- Use calming voice. Notice voice - Unrushed and not strained. Compare voice tones to be able to identify/notice what is more calming.
- Speak in positive phrases.
- Dim lighting and safe lighting

CALMING ACTIVITIES

- Abdominal Breaths—slowly filling imaginary balloon---color of your choice. Place hand on tummy to feel tummy rise and fall.
- Box breathing---In for count of 4---hold-count of 4; out count of 4---hold count of 4. Exactness is not important. Use slowed pace. Can draw a box in the air with your finger or trace a box on paper to help with visual.
 - Creativity and Imagination adds to this exercise. Group can choose to think about their favorite fragrance during this exercise---peppermint---which might be a stimulating fragrance—but still can be calming; chocolate cookies; fresh laundry-- --anything that is pleasant. Group members can take turns offering what fragrance they would like to imagine or breath in.
 - Breaths can be practiced with focus on inhalation and then focus on exhalation. Exhalation can be blowing out the candles; being the wind; blowing dandelion puffs; blowing bubbles; blowing a feather.
 - Add to exercise by narrating in calming voice --the observation of the pleasant/pleasing fragrance.



- Hoberman Sphere---or expanding sphere-- can be fun to use but one can use their arms and hands holding an imaginary sphere - expanding & contracting ball for breath modeling.
- Butterfly hugs while making positive calming statements are effective. "I am safe; I am calm; I am okay." You can use whatever affirmation you are wanting to promote. "I AM HEALTH." "I AM LOVED." "I AM SAFE." "I AM KIND." One syllable words may work best.
- Gentle rocking or swaying from side to side at slowed pace
- Giving self a big a hug.
- Guided meditation—light globe---imagine light coming into crown of head & warming, calming & soothing ---envision light moving throughout body areas & returning out of body. If this meditation is new to you, you may want to research.
- Progressive Muscle Relaxation---begin at top of head, face & neck & move slowly throughout different parts of body. If this is new to you, you may want to research.
- Gentle body stretches
- Well wishes to self & well wishes to friends & housemates
- Gratitude statements
- Vocalizing—humming soulfully
- Coloring---paying attention to the flow of color onto paper
- Blowing bubbles
- Sighing---An opportunity to exhaust and release toxins. The shoulders and body can be a part of this.

Calming items:

- Handheld back massager on arms
- Soft fabrics to touch (or glide over/rub area of skin picking)
 - Can create a board or book with different fabrics/textures
- Activities involving manipulating soft materials (i.e. pompoms, pipe cleaners, etc.)
- Lycra vest or blanket (can get large piece of bathing suit material from craft store to wrap around and use as a blanket)

In general, good fidget items include:

- Play-doh, silly putty, kinetic sand, slime
- Stress balls (can make your own by filling a double layer of balloons with rice or sand)
- Twistable/ squeezing objects (i.e. tangle therapy, squishy balls and worms with different nobs or spindles, koosh ball)
- Busy finger marble maze
- Gum (oral, but it may decrease the tactile seeking)
- Bubble wrap
- Strands of old Mardi Gras beads or textured ribbons
- Fidget cube
- Fidget apron or mitt



GROUNDING ACTIVITIES

Grounding is a technique that helps keep someone in the present. Grounding helps orient a person to the here-and-now and in reality. Grounding skills can be helpful in managing overwhelming feelings or intense anxiety. They help someone to regain mental focus from an often intensely emotional state.

Guidelines:

- ✓ Grounding can be done anywhere, anytime
- ✓ Keep your eyes open and have lights on to stay in touch with the present
- ✓ No talking about negative feelings. You want to distract away from negative feelings, not get in touch with them
- ✓ Stay neutral – no judgments of “good” and “bad”
- ✓ Note that grounding is not the same as relaxation. Grounding is much more active, focuses on distraction strategies, and is intended to help extreme negative feelings.

Sensory/Physical Grounding (if the crisis is EXTERNAL):

- Rub your hands together – hard
- Power Hug - Firm pressure is great for grounding. Create an affirming statement to use for this exercise. It could be something like, “I am in control,” or “I am safe in this moment.” Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say the affirmation. Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Repeat this as many times as needed!
- Stand up very straight and press your feet firmly into the ground – be aware of the feeling of your feet on the floor
 - “Be a Tree” - There’s nothing more grounded than a tree! Teach to feel his or her connection with the ground by imaging him/herself as a tree. This sounds like, “I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world.” Simply noticing their bodies and feeling their connection with the room helps people feel grounded!
- Touch objects around you as you say their name, focus on textures, size, color etc.
 - Keep some unique items on hand with different textures and colors. These could be sensory items, colorful rocks, snow globes or something else. Individuals can hold an item in their hands and tune in all of their focus to the item. Notice the colors. Notice the textures. How does it feel in my hand? How does it feel when I squeeze it? What colors do I see? Just notice everything there is to notice about the item!
- Hold a pillow, stuffed animal or a ball
- Place a cool cloth on your face, or hold something cool/cold like an ice cube, cold can, etc.
- Listen to soothing music



- Jump up and down
- Stretch – extend your fingers, arms, legs as far as you can
- Walk slowly, noticing each footstep, saying “left”, “right” with each step
- Stomp, Stomp, Blow - For an active grounding exercise, have the individual stomp the left foot, stomp the right foot and then exhale deeply. Continue this pattern of stomp, stomp, blow, stomp, stomp, blow, stomp, stomp, blow. Feel the connection of feet with the floor. Blow away anxious thoughts.
- Run cool water over your hands
- Carry a small item like a rock or piece of fabric that you can touch whenever you feel anxious
- Focus on your breathing – noticing each inhale and exhale. Repeat a soothing word with each inhale – “safe”, “easy”
- 54321 Game – (5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 good thing about you)
 - 5-4-3-2-1 Senses - Identify:
 - 5 things you see
 - 4 things you hear
 - 3 things you smell
 - 2 things you can touch
 - 1 thing you taste

Some people swap the final 2, and that works too!

Or 5-4-3-2-1 Sights

If noticing each sense is tough, try an exercise just with sights. Create categories and name what they see. Here’s an example:

- 5 colors I see
- 4 shapes I see
- 3 soft things I see
- 2 people I see
- 1 book I see

Cognitive/Mental Grounding (if the crisis is INTERNAL):

- Describe your surroundings in detail, using all your senses (ex: the walls are white, there are 3 chairs, there is a bookcase against the wall)
- A-B-C Around the Room - Look around the room and name something they see that starts with A, then B, then C and so forth. See how far they can get through the alphabet and then check-in to see how they’re feeling once they reach the end.
- Describe what you are doing in detail
- Play a “categories” game – types of dogs, cars, things that start with “a”, sports, etc.
- Use imagery – put your concerns, worries into a bubble and watch it float away
- Use a grounding statement:
 - My name is...
 - I am ___ years old
 - I am in...



- “I am safe right now”
 - Today is...
 - The season is...
 - The weather is...
 - I am wearing...
- I am Here Hand Trace - For this exercise, you'll need paper and a pencil, marker, or crayon. Trace hand on the paper. The individual can simply press the hand into the space on the paper and feel the connection between hand and table. Or they can use the space inside the hand to write things they see or describe the room.
- Think of something funny, tell a joke
- Soothing Grounding:
- Say kind/encouraging statements to yourself – “you are a good person”, “you can do this”, “hang in there”
 - Think of favorites – favorite color, animal, season, food, time of the day, TV show
 - Think of a place where you feel good, calm, safe, peaceful – remember everything about it
 - Plan something nice for yourself, a bath, good snack
 - Think of good things coming up in the next week or so

Stuck At Home Activities

First, structure and routine are helpful for people with intellectual and developmental disabilities, especially during times of uncertainty. We encourage you to maintain a regular routine including active and engaging activities mixed with regular breaks that resembles school or day-hab as much as possible. The activities listed below are activities we have done during therapy to help give you ideas of things to have in their daily schedule. Movement and sensory activities will be essential in maintaining regulation.

With this in mind, here is a list of potential activities you can do either individually or as a group if you are stuck at home for an extended period of time. These are suggestions that are intended to be shared with a wide audience of all ages and who have a range of skills. So, not all activities may be appropriate for all individuals whom you are caring for, or you may have to adapt the activities to be more appropriate for an individual's skill level or age.

Fine Motor Activities:

- Bead bracelet (onto string or pipe cleaner)
- Braid string or yarn
- Color
- Draw
- Arts and Crafts
- Origami
- Operation game



- Perfection game
- Jenga
- Battleship Game (placing the small pegs into the board)
- Lite Brite
- Eat or pick up small objects with chopsticks (can start with learning chopsticks)
- Place paper clips or clothespins along the edge of a paper
 - o Can make it a cognitive task by:
 - Placing colored paper clips or clothespins on corresponding colored paper
 - Placing the number of paper clips or clothespins on a paper or card with a number on it (can use standard cards, Uno cards, or numbered cards from a board game)
- Make a paperclip chain
- Pick up small objects (pencil, bean, small eraser, etc.) with a clothes pin or tweezers
- Sort beads into small containers or ice cube tray
- Pull out pennies or beads from putty or slime
- Color paint with eye droppers and plastic syringes
- Paint or color-by-number pictures
- Drum to songs with one finger at a time (ex- thumb, then index finger, etc.)
- Guitar Hero • Legos
 - o Lego Creator sets are great mini-builds with 3 variations.
- Pop bubble wrap (large and small bubbles)
- Pick up food or Play-Doh with a toothpick
- Follow patterns on paper with pipe cleaners or Wikki Stix
- Homemade Marble Run o <http://www.kidspot.com.au/things-to-do/activities/make-a-homemade-marble-run>
- Buttons and Pipe Cleaner Caterpillars
 - o • K'nex
- Puzzles
- Play-Doh o Materials added for play and creation - Play-Doh tools (or safety scissors and playset utensils), a monster truck, and small toys like dinosaurs or other mini animals, figurines, gems, etc. ▪ One person can make animal tracks in the Play-Doh and the other person has to guess what animal made the tracks.
- Geometric shapes, rubber bands, and popsicle sticks
 - o Make patterns, pictures, collages, etc. with the shapes or popsicle sticks. ▪ You can create designs that can be copied.
 - o Build shapes with the popsicle sticks.
 - o The geometric shape activity post will give you some ideas.
 - o <http://littlebinsforlittlehands.com/geometric-shapes-activity-stem-math-idea-kids/>
- Funny Disguises - Make funky disguises with pipe-cleaners. • Copy and Erase
 - o Use the plastic windows of the activity bags as a dry erase “board” to copy words or designs placed in the activity bag.



- Scissor skills box - Practice scissor skills with fun textures and items to chop up. o Ribbon, straws, bows, old cards, pool noodles and streamers are fun choices.
- Environmental print puzzles - Cut up cardboard food or toy boxes and have the individual make them into puzzles. You can also use postcards and junk mail items.
- Paper and a roll of painters tape - Tear off pieces of tape and make a picture using the pieces of tape.
- Pool noodle pieces and toothpicks - Build a sculpture with pool noodle pieces and toothpicks.
- Crazy Straw o Engineer a new drinking straw and see if it works!
- Sometimes you can find these sets at the dollar store.
- - https://www.amazon.com/Play-Visions-200-Fun-Straws/dp/B003FO8XN4/ref=pd_sim_21_1?_encoding=UTF8&pd_rd_i=B003FO8XN4&pd_rd_r=EWE4EDASPCZWTS10AGAJ&pd_rd_w=6OfLf&pd_rd_wg=F7gce&pvc=1&refRID=EWE4EDASPCZWTS10AGAJ o <https://www.powerfulmothering.com/fine-motor-skills-with-crazy-straws/>
- Push the Peanut Game
 - o Give each racer a toothpick or cocktail straw and a peanut (in the shell).
 - o Use the toothpick to push and roll the peanut from the starting line to the finish line. This can be played on the floor or table. On the floor or carpet, you can mark the starting and finish lines with masking tape. On a table, go from one end to the other.
- Set up a domino run

Movement Activities:

- Go for a walk
- Stretch – adult-led or follow stretching video on YouTube
- Create an obstacle course or stations to do different exercise/movement activities.
 - o Can do within one room (ex – run from one wall to the opposite wall, do 10 wall pushes or pushups, 5 summersaults or bear crawls, 10 jumping jacks, crash on couch)
 - o Can do Olympic-themed events
- Luck of the draw exercise o Write out numbers 1-10 on slips of paper and place them in a bag or container to draw from. In another bag or container, have 10 different exercises (ex – jumping jacks, pushups, high knees, run in place, jump, crunches, arm circles, etc.) written or drawn on slips of paper.
 - o Draw a slip of paper from each bag and do the exercise the number of times drawn (ex- “5” and “run in place” = run in place for 5 seconds; “3” and “jump” = jump 3 times)
- Crazy rocket balloons and a mini air pump. It’s quite a bit of work to pump up these rocket balloons but they are so cool when you let them go. They fly everywhere and do make quite a loud noise, which is exciting for kids.
 - o https://www.amazon.com/gp/product/B0009Z3KDU/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B0009Z3KDU&linkCode=as2&tag=wwwlittlebins-20&linkId=OHWAFTKNGNM2QLD6



- Climb a Couch Cushion Mountain o Stack couch cushions or pillows and encourage your child to use his arms and legs to climb up the mountain.
- Dance party
- Aerobics exercise
- Jumping jacks • Balloon Tennis o Make paddles out of paper plates and craft sticks or rulers and hit a balloon back and forth.
- YouTube movement songs like https://www.youtube.com/watch?v=NwT5oX_mqS0 , https://www.youtube.com/watch?v=j24_xH5uvdA
- Trampoline
- Swing
- Run or sprint around backyard
- After doing fast movement activities, do heavy work activities to help calm the body
 - o Heavy Work Activities:
 - Climbing
 - Dribble ball
 - Push-ups or wall push-ups
 - Move weighted boxes from one end of the room to another
 - Weighted ball toss
- Can do movement wearing weighted backpack (can put books in bag for weight)
- For a low-intensity movement activity: The Quiet Olympics
 - o DISCUS THROW: Use a paper plate
 - o SHOT-PUT: Use a balloon
 - o TRACK RACE: Each player lines up at the start line and race by placing the heel of one foot against the toe of the next. The first one to the end of the track and back wins.
 - o HIGH JUMP: Each contestant takes a deep breath and whistles. The contestant who holds the note the longest wins.
 - o HIGH DIVE: Each player stands on a chair (or faces the chair back-rest and then kneels chair seat) with ten clothes pins and drops them into an empty bottle. The player that gets the most wins.

Sensory Activities:

- Mystery bag - Try to guess what each item is by just feeling it!
- Mystery Socks o Choose five or ten socks. Hide one object from around the house in each sock. Let each person feel the socks, but no peeking! Assign each sock a number. Have them write down their guesses on the paper, and then slowly reveal the hidden objects and see who guessed correctly!
- Make sensory items:
 - o Play-doh, gak/slime, moon sand, kinetic sand
 - Play-Doh instructions: <https://stayathomeeducator.com/absolutely-perfect-no-cook-scented-play-dough-recipe-without-cream-tartar/>



- Gak instructions: <https://www.stevespanglerscience.com/lab/experiments/glue-borax-gak/>
- Make moon sand by mixing one cup of baby oil to 8 cups of flour
- Make kinetic sand by mixing together 2 parts baking soda and 1 part baking powder along with 1 part of dishwashing liquid in a large bowl)
 - o Stress balls
 - Make stress ball by filling a double layer of balloons with any of the following:
 - Rice,
 - Water beads or Orbits,
 - Flour,
 - Sand, or
 - Water and flour mixture
 - o Sensory water bottle
 - Fill water bottle with water, glitter, and anything else that you want to add to it!
 - For more ideas: <https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/sensory-processing-issues/how-to-make-a-sensory-bottle>
 - o Sensory Bins (add pictures)
 - Hide small toys in plastic container filled with sand (regular, moon, or kinetic), dry uncooked rice, or dry uncooked beans
 - Use different utensils to find the hidden toys – spoon, shovel, small, handheld net, tweezers, tongs, scissor scoops

Cognitive Activities:

- Play board games
- Read a book (you can check out e-books and audio books online if you have a library card)
- Word and number puzzles - word searches, crossword puzzles, Sudoku
- Playing cards - Sort cards by color or suit, put in numerical order, play a more or less game
- Paper bag puppets or simple art with paper bags, stickers and markers (can also use string, googly eyes, ribbon, felt, etc). Create a play or story about the character(s) facing an obstacle and how they overcoming it.
- Storytelling with action figures, dolls, Lego's, stuffed animals, paper characters, etc. o Make up his individual stories or you can all do it together.
- Hidden picture games - can print off some from websites like <https://www.allkidsnetwork.com/hidden-pictures/> or find electronic versions on tablets • Writing Letters —write a letter to grandparents, other relatives, or friends.
- Stand Up Comedy – write or look up jokes and take turns sharing them
- Story Telling o Act out the stories of superheroes or a favorite character – can use action figures or dress up. o Helping Friend Story Telling ▪ Find 2 toy figurines. One of them is sad today. Create a story about the other one helping the sad toy to feel better. ▪ Find 2 toy figurines. One of them is angry today. Create a story about the other one helping the angry toy to feel better.
- Make a comic book or a giant comic strip.



- Magic Squares Card Game o instructions here: <http://www.learn-with-math-games.com/magic-squares-game.html>
- Build a milk carton car o instructions here: <http://www.kidspot.com.au/things-to-do/activities/make-a-milk-carton-car>
- “What am I Counting? Game o Have one person start counting aloud an object in everyone's view: Windows, white shirts, tables, etc. Can your group guess what the person is counting? o As a variation, name an object and challenge the group to count as many as they can find in one minute
- Have an “Invention Bag” - contains random stuff from around the home as well as hardware items like pulleys, an assortment of bolts and levers, string, etc. and see what you can create
- Build a Blanket Fort o Stretch a blanket or sheet between your couch cushions and chairs to create a blanket fort. Crawl in and out of the fort to work on large muscle development. Talk together about who is inside or outside the fort and how the blanket makes a little house. Using words such as on, in, out, and under builds children’s spatial vocabulary and conceptual knowledge.
- Design a catapult and set up a target range. o Ping pong balls or pom poms are unlikely to break anything!
- Make a giant dinosaur out of toilet paper rolls (& paper towel rolls)
- Create a secret code and use to crack messages.
- Cooperative Drawing
 - o Version 1: Each person uses different colored pen/marker/crayon/colored pencil, creates a squiggly line or scribble (the only rule is no intersecting lines) and passes it to the person on the right who makes a drawing out of it. When a squiggle is received it can be rotated in any direction to get an idea what to make out of it. The drawings can be wild and imaginative, they are not judged, they're just for fun.
 - o Version 2: The first player draws any detail of the future picture on a sheet of paper so that the other players CAN'T guess what is drawn. Next this sheet of paper is given to the next player. He/she continues to draw. Each player has a MARKER of their own color. The sheet of paper is returned to the first player. He/she says what he/she intended to draw.
- BEAT THAT!...Dice Game for Age: 5 to adult
 - o Need: 2 dice (up to 7 dice for older players), paper and pencil for scoring
 - o How to play:
 - Roll the dice and put them in order to make the highest number possible.
 - If you roll a 4 and a 6, for example, your best answer would be 64.
 - Using 3 dice, a roll of 3, 5 and 2 should give you 532, and so on.
 - Write down your answer, pass the dice, and challenge the next player to “Beat That!”
 - Play in rounds and assign a winner to each round.
 - For a change, try making the smallest number possible!
 - This is a great game for reinforcing the concept of place value. If you are playing with younger children, explain your reasoning aloud and encourage them to do the same.



Oral Motor Activities:

- Blow bubbles
- Blow pom poms through a maze with straws
- Ping-Pong Puff
 - o You Need: Straws and ping pong balls
 - Establish two goal lines at opposite ends of a table. Place a Ping-Pong ball in the center of the surface and hand each player a drinking straw. On cue, both players try to blow the ball past the opponent's goal line
 - o Or Air Pong - Standing at opposite ends of a table with hands held behind backs. A ping pong ball is placed in the middle and the boys will try to blow the ball off of the other person's side of the table. If the ball falls off the side of the table it gets placed back in the middle and play resumes

Routine-Based Activities:

- Laundry
 - o Roll socks into balls and toss them into the laundry basket as a game to build hand-eye coordination and throwing skills.
 - o Sort laundry by different attributes in various baskets. Say, "Can you put all of daddy's clothes in the blue basket and your clothes in the white basket?"
 - o Practice matching socks into pairs.
- Sweeping
 - o If cannot sweep, have them assist by holding the dustpan
- Clean the table
 - o Can do this with a spray cleaner and paper towels Or with shaving cream after creating designs or writing in the shaving cream
- In the Kitchen
 - o Match pots and containers with their lids.
 - o Sort kitchen items such as cups, plates, and spoons.
 - o Cooking or baking - Pretend you are on a cooking show and describe what you are doing. Describing the colors, textures, and shapes of the foods you cook and taste.