Structure Academic Skills

Matching
- This is a great way to work on helping your child understand academic skills and words.
- You can use whatever you have on hand for this task.
- Match objects your child sees every day: spoons, socks, cups etc.
- Use motivating toys such as animals, cars, trucks, etc. and have your child put items together that match.
- Match objects to pictures in books. For example, pull out farm animal toys while reading a book about a farm and have your child find the animal toy that matches that animal on a given page.

Sorting
- Sorting tasks expand on your child's matching skills. Once they can match items, your child can work on sorting items into common groups.
- Everyday objects work great for this too! Have your child sort socks from spoons, or green items from red ones.
- Favorite toys also work well in sorting activities. Your child can put animals in one bucket and cars in another.
- This is also a great way to practice clean up skills!

Language
- Self Talk: Talk about what you're doing during daily routines.
- Model language: Tell them what you want them to say.
- Give 2 choices: Do you want ___ or ____?
- Visuals: Show objects or pictures as you talk.
- Out of reach: Place desired items out of reach.
- Verbal routines: Use the same words in daily routines
- Sing: Teach language using songs

Following Directions
- Pair directions with visuals and gestures
- Break directions into smaller parts
- Use familiar or targeted vocabulary
- Try 2-step familiar directions or to achieve a desired item/outcome

Online Resources
- PBSkids.org
- do2learn.com
- Starfall.com

**Please remember the YouTube links provided are for the initial educational video. As a parent/caretaker, please review any video that you are asking your child to watch.**
Structured Functional Skills

Working on daily functional skills is important for your child and you can help with this at home too!

Routines

- Create a routine for your child so that he or she knows what to expect.
- Make it visual! You can find simple pictures that represent the activities in the routine and print them or draw simple pictures to represent the routine.
- Keep it consistent! Keeping a consistent routine helps your child know what to expect and makes transitioning between activities easier.
- You can also create smaller routines for specific tasks. For example, brushing your teeth or getting dressed.

Activities of Daily Living

Your works on completing daily living activities throughout the school day. You can continue practice on these skills at home. Here are some skills to practice with your child.

- Washing hands: use soap and water and wash for at least 20 seconds.
- Clothing: practice put on and taking off clothing and coats. You can have your child practice with a doll too!
- Meal routines: Practice sitting at the table with others and using cups and silverware. Your child can also practice asking for food and “more” during this time.
- Cleaning up: Practice putting toys and other items away.

Play

- Play is an important part of your child’s learning.
- Plan for some play time every day!
- Show your child how to use play items. For example model how to stack blocks and then knock them down. You can also model driving cars and trains along tracks and other ways to use toys appropriately.
- Sing songs with your child. You can work with them to model gestures (e.g., Itsy Bitsy Spider) if that works better for your child.
- Read books with your child. You can help them point to pictures and label what they see in the books.
- Puzzles and matching games may also be great ways for your child to play at home.
Fine Motor
Here are some activities to do at home

Guidelines
★ Encourage with positive reinforcement
★ Make activities into games
★ Engage in activities with your child
★ Practice these skills frequently throughout the day
★ Think outside the box (be creative)

Strengthening
★ Use a hole punch to make holes in through colorful junk mail
★ Use squirt bottle to water plants
★ Squeeze/roll/pinch play dough
★ Ring out/ squeeze sponges in a bucket of water
★ Use clothespins or tweezers to pick up cotton balls
★ Making sand castles with play sand

Coordination
★ Cutting up junk mail
★ String Beads, macaroni, etc
★ Play games (i.e. Mr. Potato Head, Cootie Bug, etc)
★ Play dress up with oversized button up shirts
★ Put together/take apart Legos, waffle blocks, bristle blocks, etc
★ Roll out and cut play dough or cookie dough with cookie cutters

Fine Motor
★ Push coins through a slotted container or bank
★ Peel stickers and place on paper
★ Wind up small toys
★ Rip paper into small pieces
★ Pull beads, coins out of playdough or putty
★ Put together puzzles
★ Use markers, crayons and glue to create a masterpiece
Sensory Activities

Here are some activities to do at home

Tactile
★ Fingerpaint
★ Make mud pies
★ Make pictures in shaving cream
★ Pull items out of a bin of beans or rice
★ Make shapes/letters in a pan on sugar or flour
★ Play with squirt toys in a tub of water
★ Roll, pat and use cookie cutters in playdough

Vestibular
★ Swing on a swing
★ Swing in a hammock
★ Do summersaults
★ Log roll across a room
★ Spin on a sit in spin
★ Spin in a circle
★ Slide down a slide
★ Climb on a jungle gym
★ Ride on a scooter
★ Ride in a wagon
★ Ride a bike

Proprioceptive
★ Jump on a trampoline
★ Wheelbarrow walk
★ Wall/chair push ups
★ Have a pillow fight
★ Move through an obstacle course of couch cushions and boxes
★ Play catch with various size, textures and weights of balls
★ Bounce on a ball or a hippity hop
★ Play hopscotch

Visual/Auditory
★ Play flashlight tag
★ Dance to music
★ Blow Bubbles
★ Play board games (i.e. memory, chutes and ladders, etc)
★ Suck through a straw
★ Sing simple songs
★ Complete simple mazes
★ Complete simple dot-to-dots
★ Hit a balloon back and forth
Gross Motor Fun
Here are some activities to do at home.

Guidelines
★ 20 minutes of activity a day.
★ Encourage with positive reinforcement.
★ No one is good at everything, so enjoy their strengths and talents.
★ Respect your child’s fears. Do not force movement. Provide assistance as needed.
★ Play!

Strengthening
★ Animal Walks (duck waddle, crab walk, bear crawl, frog hop)
★ Build an obstacle course using objects around the house. (Throw bean bags in a laundry basket, jump in and out of hula hoops, step over and around objects)
★ Games (Simon Says, Follow the Leader, Hop Scotch)
★ Walk fast or very slow. Walk on tiptoes and walk on heels.
★ Jump! Work on jumping (hold hands if necessary). Jump forward as far as you can. Use chalk lines to encourage jumping forward. If your child struggles with jumping, work on landing in a padded area (pillow piles).

Balance
★ Dance to different tempos of music.
★ Freeze dance.
★ Pop bubbles with your feet.
★ Paint with your feet.
★ Sit and reach for puzzle pieces or toys. (Place puzzle pieces all around to encourage reaching to both sides of his/her body.)
★ Sit on an air mattress and reach/play.
★ Tightrope Walking (Place a jump rope on the floor to use as a balance beam, and walk one foot in front of the other. Walk backwards, step over obstacles.)

Ball Skills
★ Use scarves to practice throwing and catching.
★ Use balloons to practice batting, kicking, throwing, and catching.
★ Work on throwing a ball to a partner.
★ Work on catching. Start up close. Use verbal cues “1-2-3 Catch!”. Work on taking a step back every time your child catches the ball. Be sure your child’s arms are out in preparation to catch (have them imitate your movements “hands out”).
★ Kick a ball back and forth or into a soccer net.
★ Work on bouncing and catching the ball, a precursor skill to dribbling. The pattern should be “bounce-catch”. Your child can say the words out loud to help.