



Home Activities to Support Self-Regulation

Heavy Work Ideas:

- **Blanket or pillow case pulls-** If you have a smooth, hard flooring surface try taking turns pulling each other sitting on a blanket or pillowcase
- **Burrito/ Hot dog roll-** Using a large blanket or a yoga mat roll up your child snugly with their arms by their sides. Once rolled up pretend to add your favorite toppings on top (cheese, mustard etc) as you do this with your hands squeeze up and down the length of their bodies.
- **Paper shredding-** Give your child old flyers, newspapers, thin cardboard and magazines and have them shred them into long strips and small pieces. You can even make a collage with some of the pieces afterwards.
- **Laundry Basket-** Have your child put all of their stuffed animals into a pillow case and carry/ pull them downstairs for a dance party or put them in a laundry basket to push them for a ride up and down the hallway a few times. Then have your child crawl into the basket and you push them up and down the hallway a few times. Take turns first they push their stuffies and then you push them.
- **Chores-** Include your children in home chores where possible. Here are some ideas: Clean windows, carry all laundry baskets and dump them in the laundry room, take recycling to trash, pull bedding off bed and carry it to the laundry room, pull clothes out of the washer/dryer, help carry grocery bags, put canned goods into the pantry.

Inside Play Ideas:

- **Crash mat-** Pile up pillows, couch cushions and blankets at the bottom of the stairs. Then have your child jump from the 2nd or 3rd stair and crash onto the blanket pile.
- **Indoor obstacle course-** Create a course your child can walk, climb or otherwise move through. Some things you can use: stacks of cushions or pillows, couch cushions, large books, plastic mixing bowls turned upside down like stepping stones, bubble wrap on the floor, pool noodles to step over or walk on, masking tape lines on the floor, a fabric tunnel if you have one
- **Spiders and flies-** Tape a web of masking tape across a doorway or other open space. Crumple up balls of paper and throw them at the web to see if they will stick.
- **Bean Bag Toss-** Standing behind a broom, have your child toss bean bags, balloons filled with rice or small balls into a variety of sizes of buckets, bins and pots. Make some easy and others more challenging.
- **Bubbles-** Blow bubbles and have your child try to pop all the bubbles before they reach the floor.

Outside Play Ideas:

- **Go for daily walks.** Play games like I Spy as you walk (ex. I spy with my little eye something that is round, long, tall, soft, red, hard, starts with a 'c' etc.)
- **Snow Kitchen-** Bring play food, pots, pans, mixing spoons, funnels out to the back yard and encourage your child to scoop and dig in the snow while they make some gourmet snow food.
- **Beach Day in the Snow-** Bring all your beach toys to the snow and together create a snow castle. Have your child shovel snow into a container and then hide seashells or other small figurines or treasures in the snow. Have them dig up the treasures.
- **Outdoor Art-** Paint the snow with squeeze bottles of water and food coloring. OR Find a clear piece of sidewalk, driveway, or nearby basketball court and bring a pail of chalk to scribble and draw with. Make rainbows, flowers, letters of their name etc.
- **Movement-** Puddle jump and splash. Explore the small rivers in the sidewalks as the ice melts, stir a puddle with a stick. Move like monsters or animals (big steps, jumps, hops etc.) through deep snow

Sensory Play Ideas:

- **Playdough-** For a new tactile playdough experience let your child mix rice, beans, lentils or sequences into playdough and play with cookie cutters etc. OR Hide small objects in a ball of playdough and have your child pull apart the playdough ball to find all the hidden objects.
- **Sensory Play-** Create a sensory bin full of rice, water beads or beans and hide objects, magnets, figurines etc. and have your child dig through the bin to find all the objects. They can also use a spoon, small shovel, measuring cups, tongs and tweezers as alternate ways to pick out the objects. Throw in a small flashlight so they can shine the light on the objects as they search for them.
- **Indoor Swing-** Have your child lie or sit in the middle of a thick large blanket. Have an adult pick up the blanket on each end (2 adults) and swing your child back and forth like a hammock swing.