



## HOME ACTIVITY GUIDE



# FUN IDEAS



### THINGS I CAN DO

I can plan some fun activities

I can do things that help me stay calm



# WHAT HELPS MY BODY

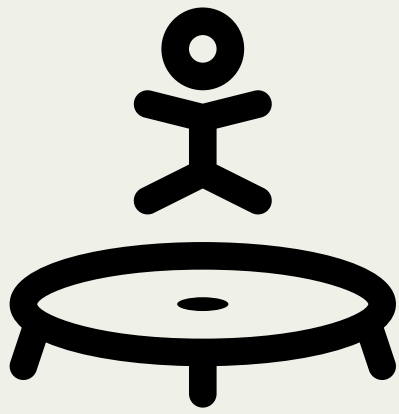


massages

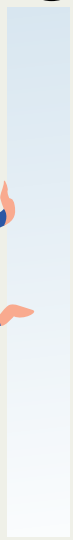
going upside down



exercise



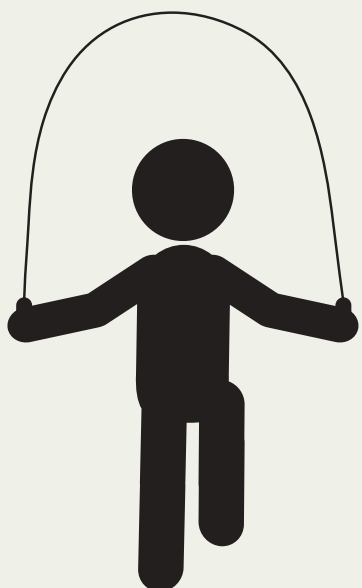
crossing midline



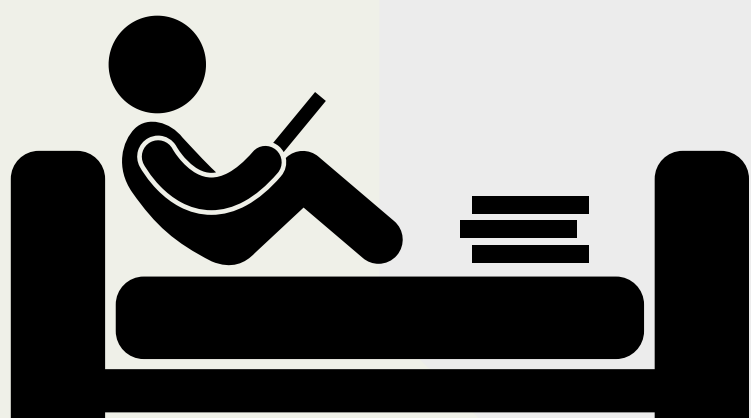
pushing the wall



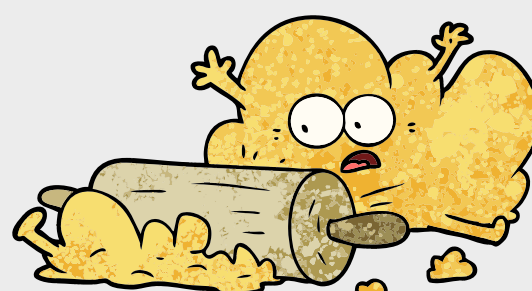
play dough  
or clay



jumping



sitting in a comfy place



making bread



sitting on  
exercise ball



# WHAT I LIKE TO DO WITH WATER, BUBBLES, SLIME

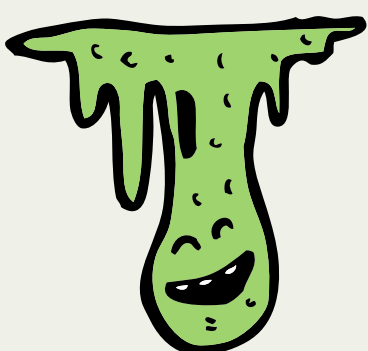
MY LIST:



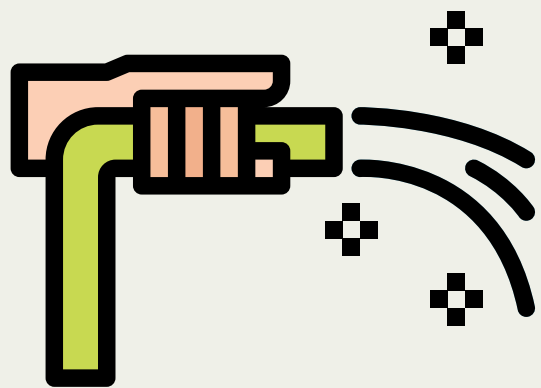
showers



water beads



make slime



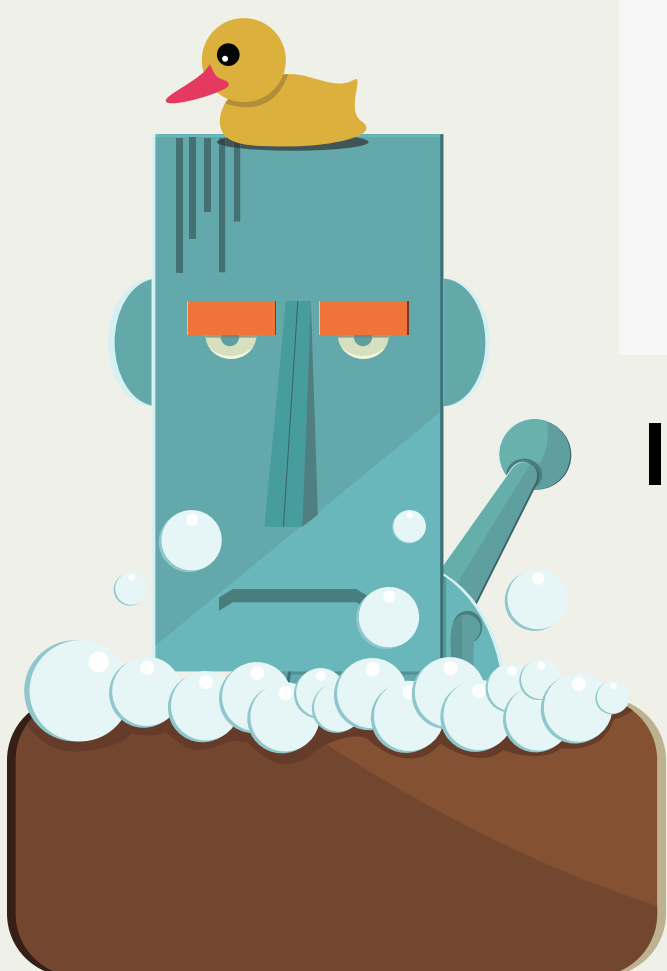
water the garden



blow bubbles



liquid timers



bath



bubble play in sink  
(fun with food colours)



puddles





# WHAT I LIKE TO DO OUTSIDE

MY LIST:



go for walks



plant seeds



dig to  
see worms



look for flowers,  
plants and trees



run



swing



scoot or ride bike



wash a car



bird watch





**sensory toys**

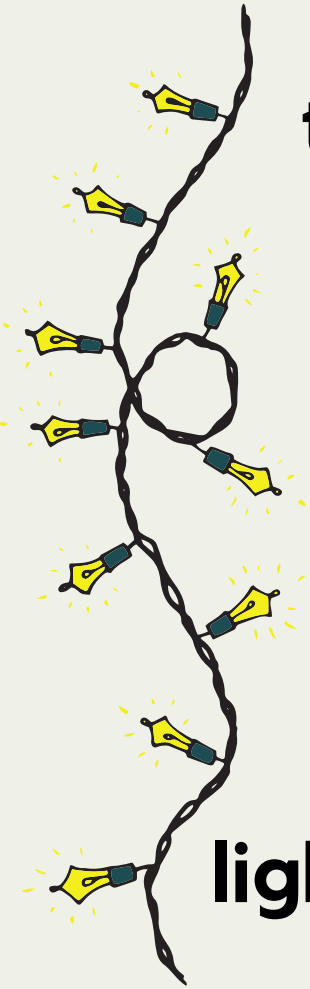
# I CAN MAKE A CALM SPACE

Here is what I would put in my calm space

## MY LIST:



**things that  
smell nice**



**lights**



**special blanket**



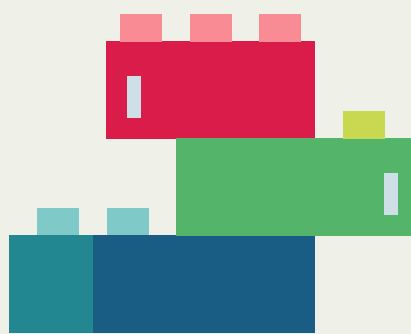
**fuzzy socks**



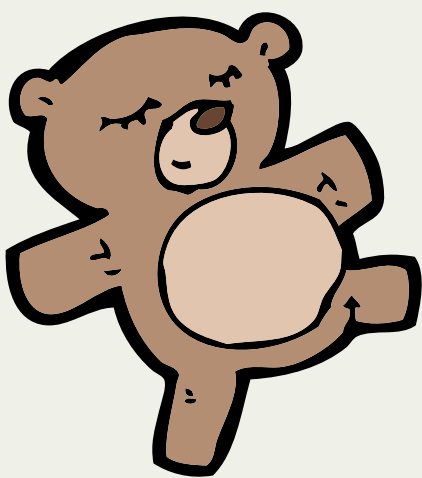
**books**



**my pet**



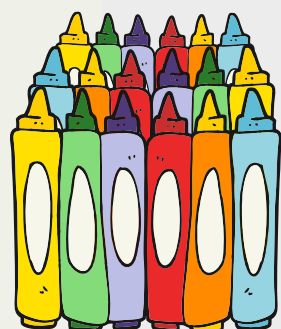
**lego**



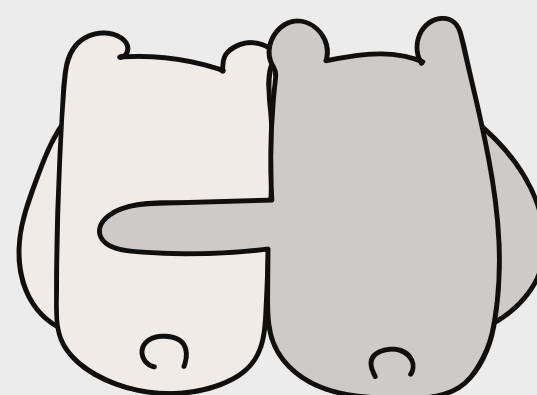
**teddies/dolls**



**music**



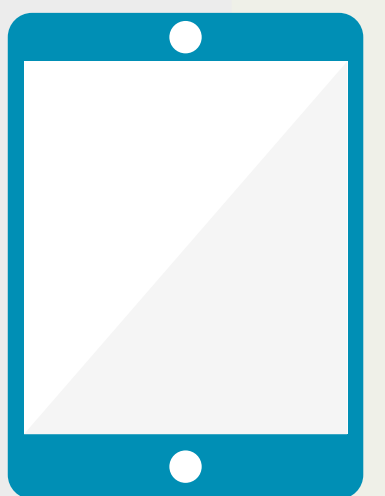
**art supplies**



**someone I love is nearby**



**electronics  
or games**





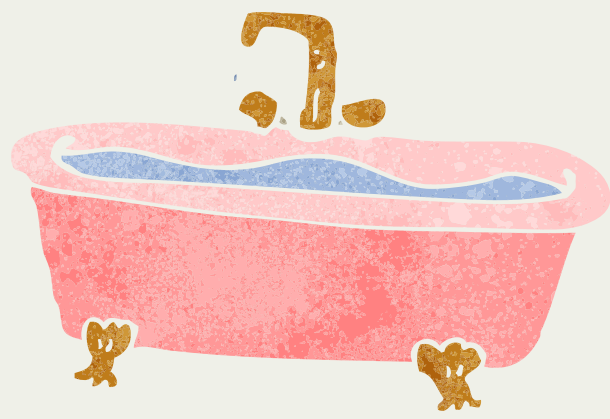


# **VISUAL SCHEDULES CAN HELP**

I can see the next two pages for ideas.

I can draw my own pictures, cut these out or trace them.

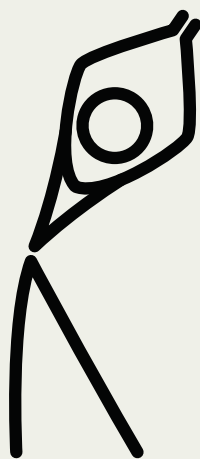
I also can take pics of things I like doing and print them out.



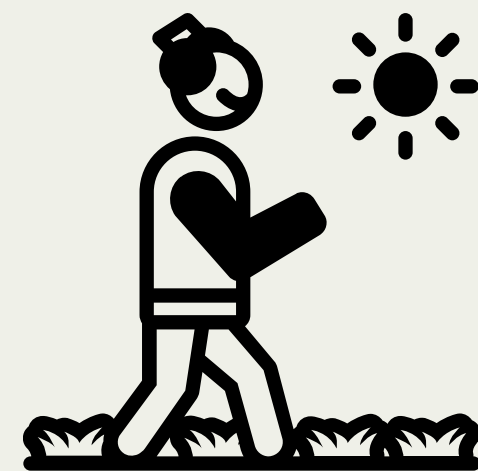
**bath or shower**



**screen time**



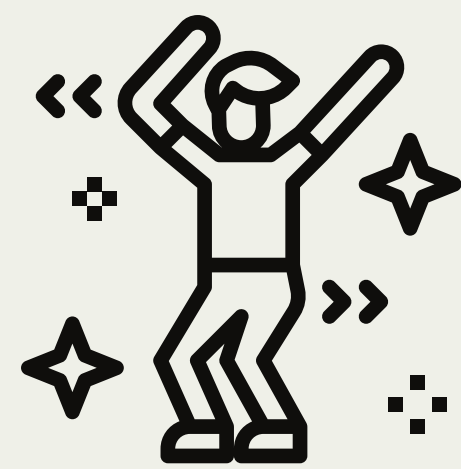
**exercise**



**walk outside**



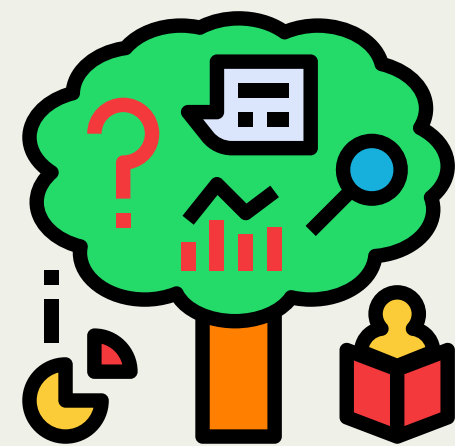
**make some art**



**dance**



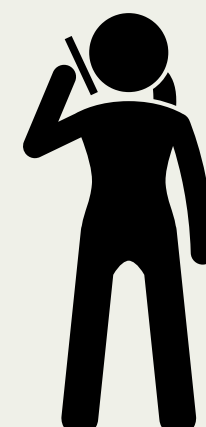
**music**



**learn something new**



**sensory play**

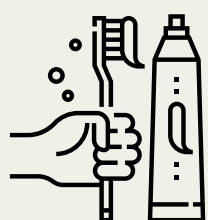
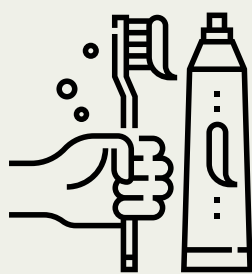


**talk to a friend or family**

# MY DAILY TIMETABLE

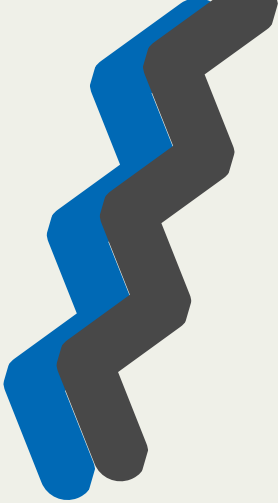
It helps to create a visual schedule

MY DAY:



# NOW - NEXT BOARD

It helps to know what is now and what is next



NOW	NEXT



Sometimes Now - Next boards have velcro so I can move things over when I have done them. Or I could use a white board.

