

# FAMILY FUN & DEVELOPMENT PACK

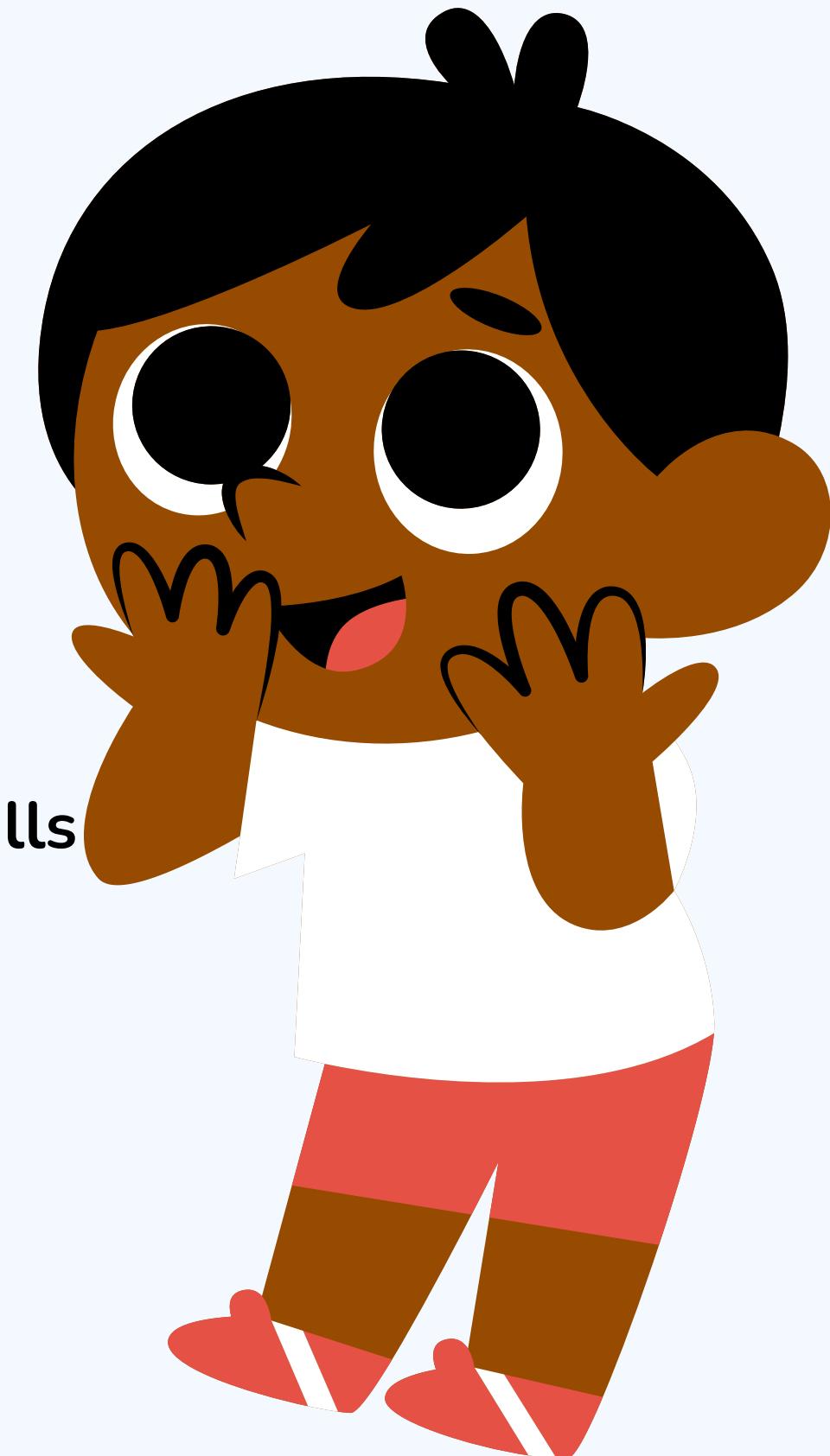




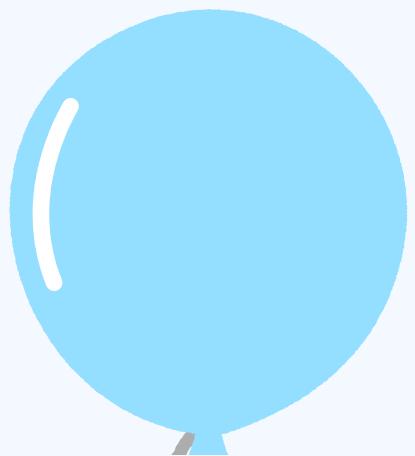
**PROMOTING MOVEMENT AND  
JOY AT HOME FOR ALL  
ABILITIES!**

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# FUN INDIVIDUAL GAMES



**Balloon Volley:** Play with a balloon or lightweight ball to slow down movement.



**Moving Animals:** Place markers (pillows, stones, cones) around an area. Move between them like different animals (elephant, cheetah, monkey etc.)



**Bean Bag Toss:** Use bean bags or rice-filled socks. Use buckets, hoops, or tubs as targets.



**Bottle Bowling:** Fill empty bottles with rice, beans, or lentils and use a soft ball to knock them down.

# ACTIVE GROUP PLAY

## SIMON SAYS

Use simple, energetic instructions to get everyone moving.

## PARACHUTE PLAY

Use an old bedsheet to lift, go under, or bounce balloons and soft balls on top.

## RED LIGHT, GREEN LIGHT

One person calls an action (walk, jump, jog). On "Green Light," you move; on "Red Light," you FREEZE!

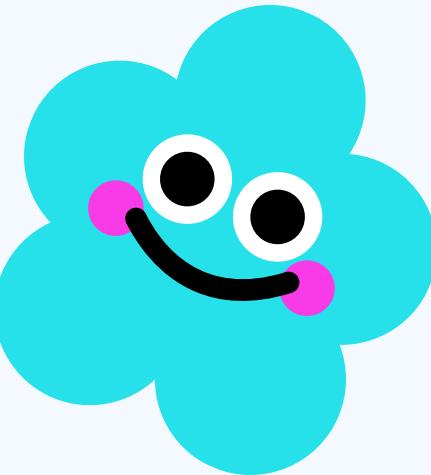
## MUSICAL STATUES

Dance to your favorite music, but you must freeze instantly when the music stops.

## JUST DANCE

Search "Just Dance" on YouTube, choose a song, and have a boogie!

# SENSORY & FINE MOTOR FUN



Edible Playdough: Mix 1 cup flour, 1/4 cup salt, 1 tbsp oil, and 3/4 cup boiling water. Knead until smooth. Add food coloring, herbs, or scents for extra sensory fun.



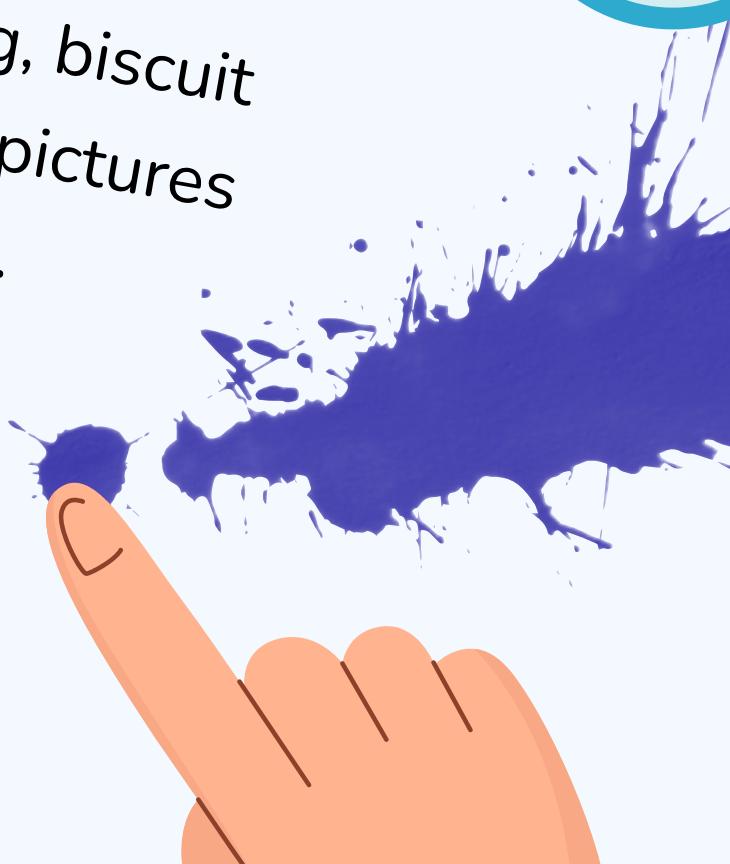
Oobleck: Mix 2 cups cornflour with 1 cup water. It forms a solid when squeezed but turns to liquid when released.



Fine Motor Challenges: Thread large pasta onto spaghetti or pipe cleaners, or try "Clothpeg Game" see who can collect the most pegs from others' clothes!



Bubble Play: Use washing up liquid in a bucket with string and sticks to make giant bubbles.



Creative Play: Try finger painting, biscuit designing with icing, or creating pictures using nature (leaves, twigs, bark).

# ACHEIVABLE FITNESS

## SQUATS

Sit on a chair with a straight back and flat feet. Stand up and repeat 6 times.

## PRESS-UPS

Try these on your knees or against a wall. Bend your elbows until your nose nearly touches the surface, then straighten.

## HOUSE LIFTING

Use tins of beans or water bottles as weights for arm curls.

## STAR JUMPS

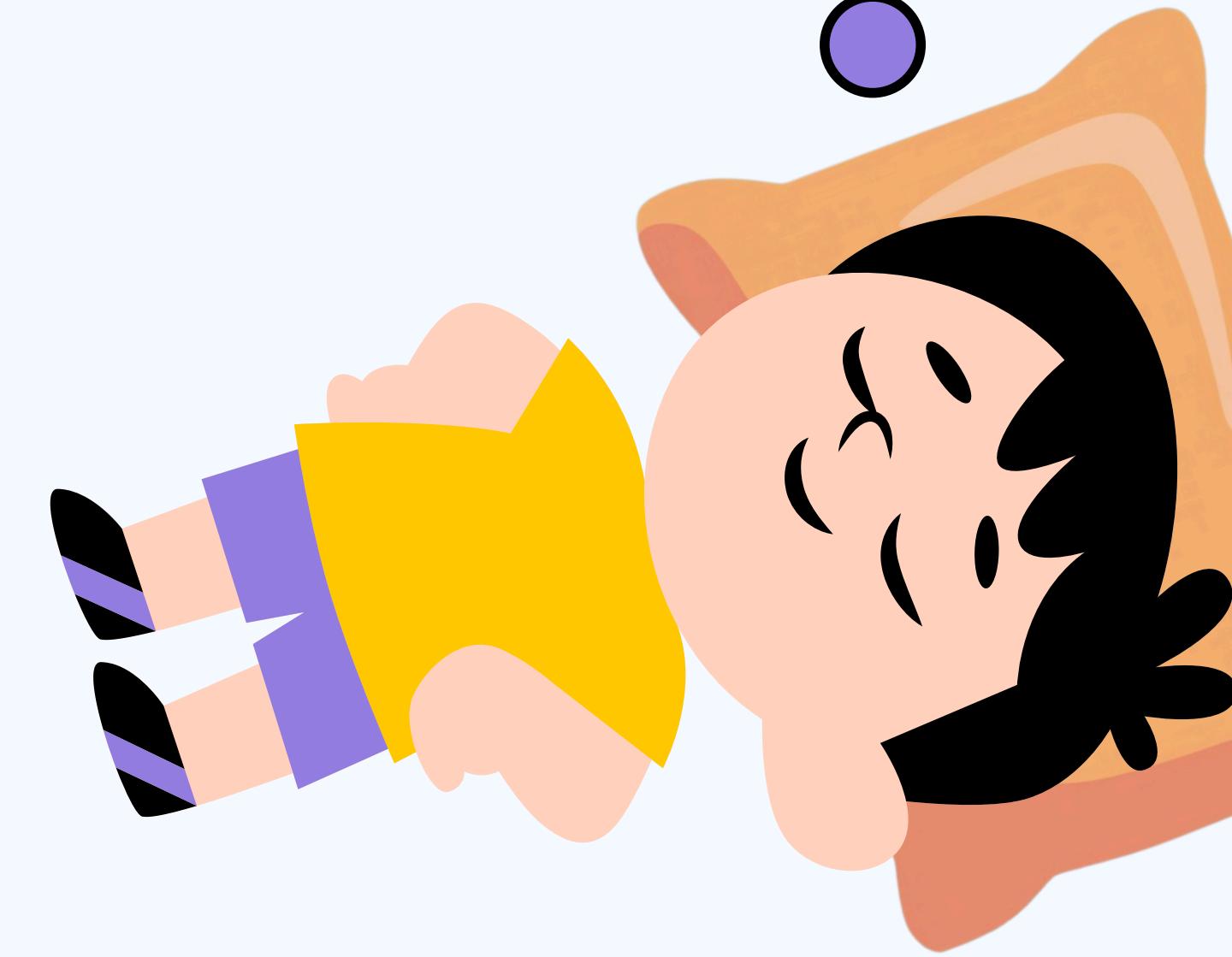
Start with arms and legs stretched out like a star, then jump to bring them back in.

## BODY CIRCLES

Make small and big circles starting with your head/neck and moving down to your ankles.

# RELAXATION & GROUNDED

1. **Get Comfortable:** Lay flat or sit in a relaxed chair with soothing music.
2. **Belly Breathing:** Close your eyes and place your hands on your belly. Take 4 deep breaths, feeling your hands move up and down.
3. **Bubble Imagery:** Imagine tiny bubbles floating around you. Picture them popping gently on your head, then traveling slowly down to your toes.
4. **Waking Up:** Slowly feel the bubbles travel back up. Open your eyes, stretch, and tell yourself, "Well done!"



The trick is to try re-center your body, be as comfortable as possible, put some relaxing, soothing, or focus music on in the background, you can  read these out as you feel yourself calm, parents and careers can ask if the child wants any gentle squeezes on their hands or head.

# COMMUNICATION & LIFE SKILLS

Empower your child by turning daily routines into learning opportunities. From mastering the coordination needed for Snack Time to using Makaton to express their inner world, these small steps build massive confidence. By practicing Wait Time, we give every child the space they need to process, respond, and succeed at their own pace.

## SNACK TIME

Encourage independence by helping your child peel bananas or oranges, spread butter, or pour their own juice.

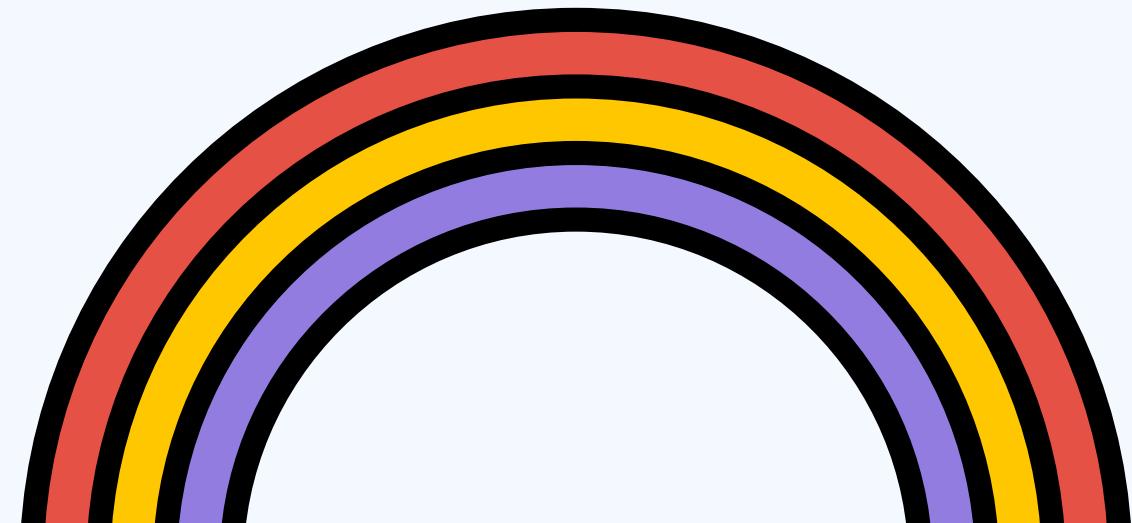
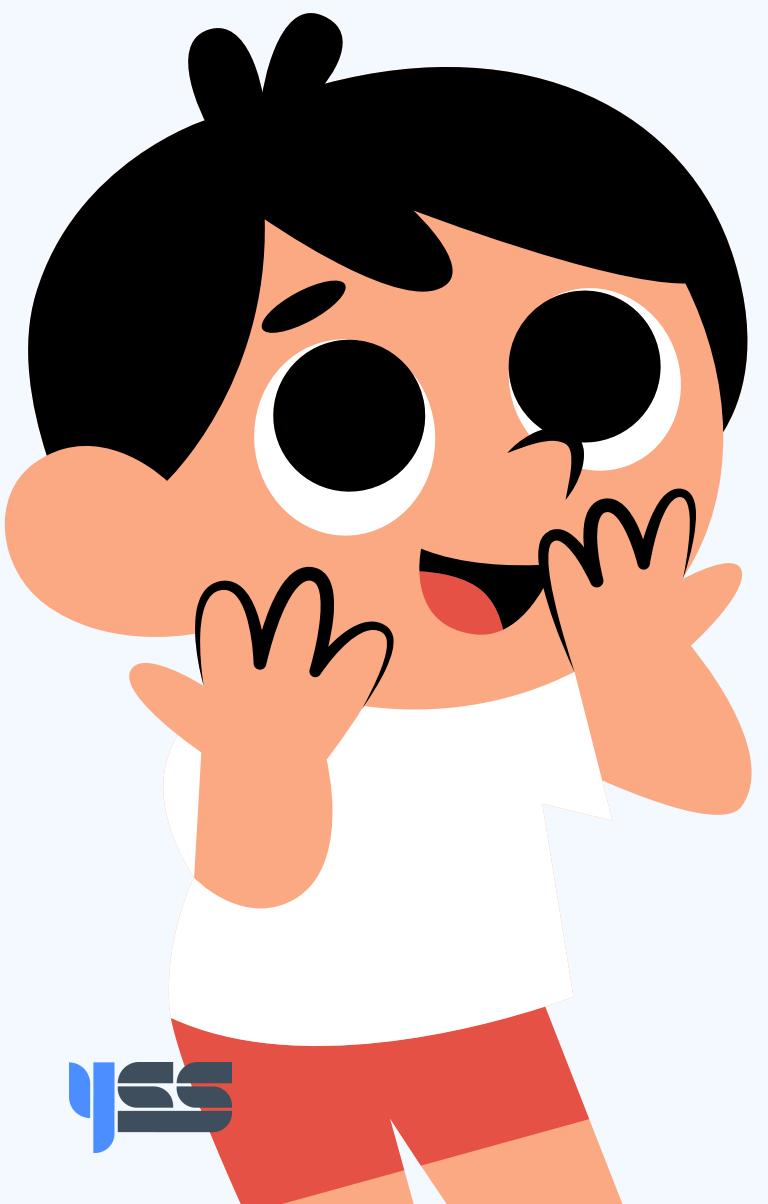
## MAKATON MODELING

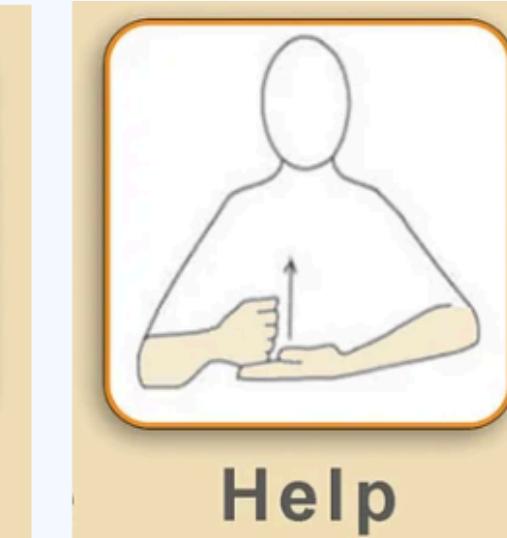
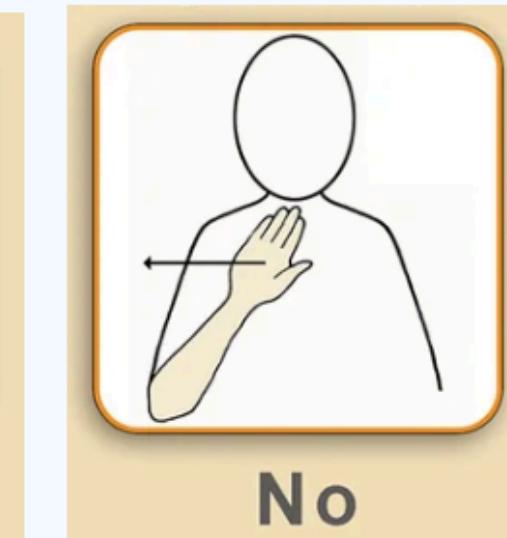
Point to yourself and say "I," point to a feeling card/sign and say "Feel," then point to a sign for "Happy."

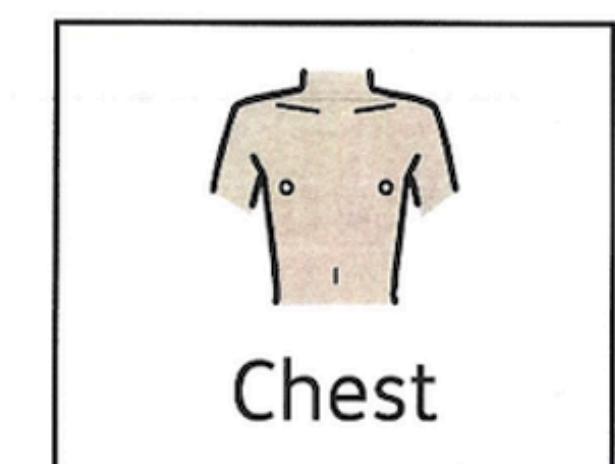
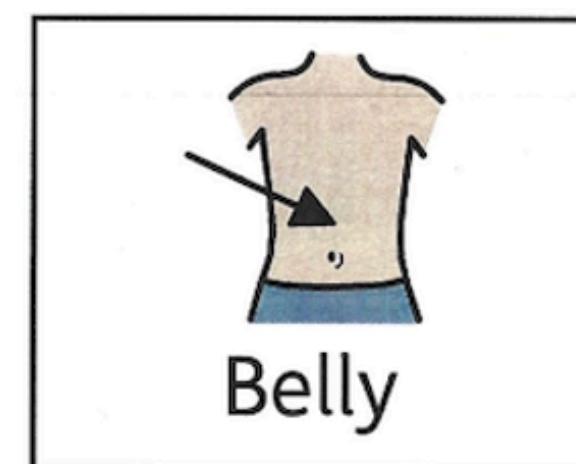
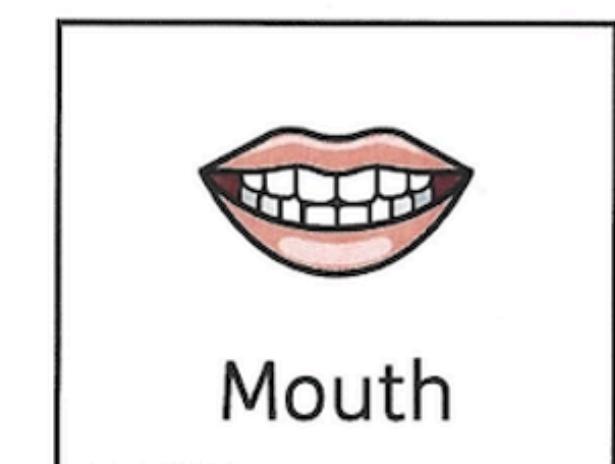
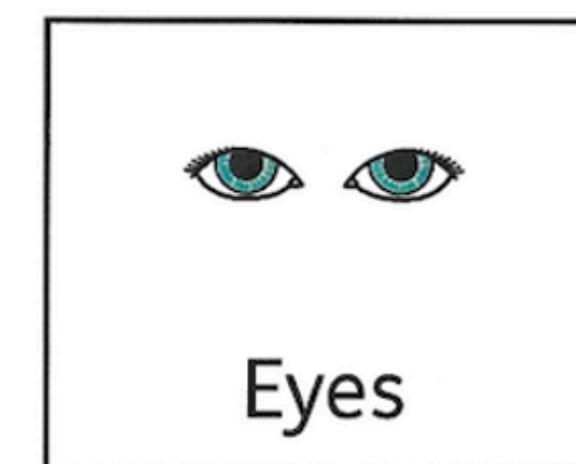
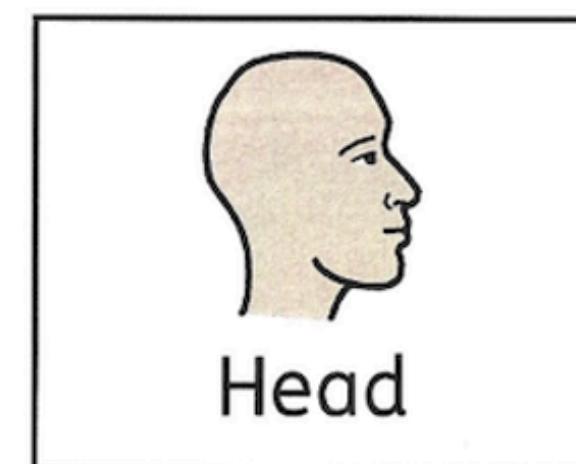
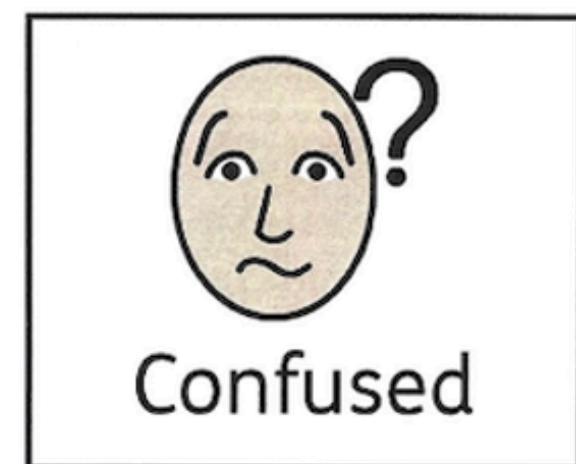
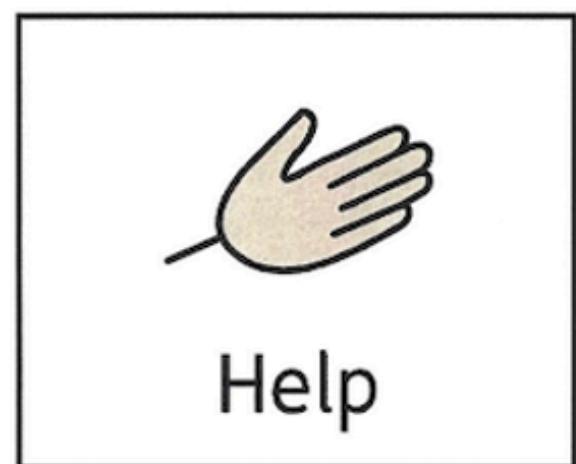
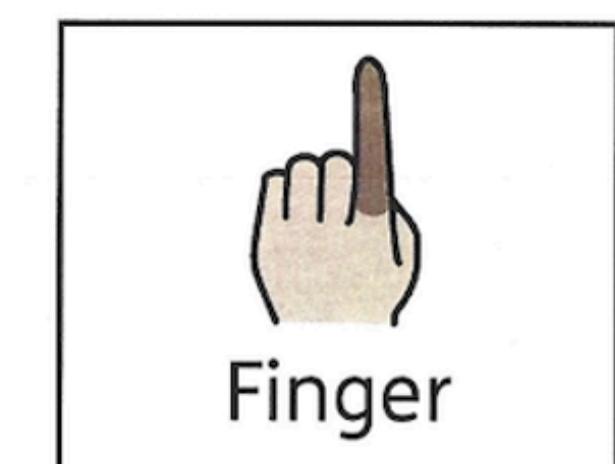
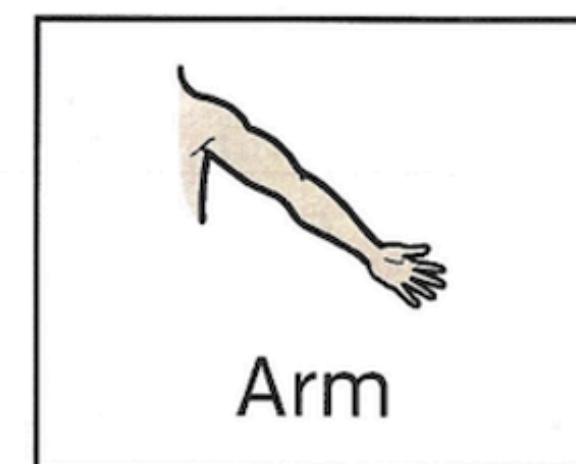
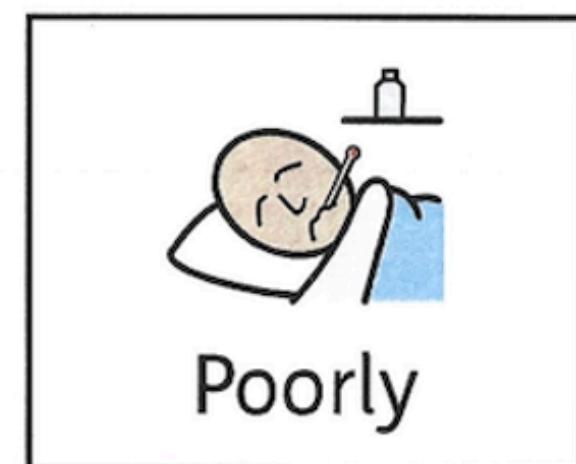
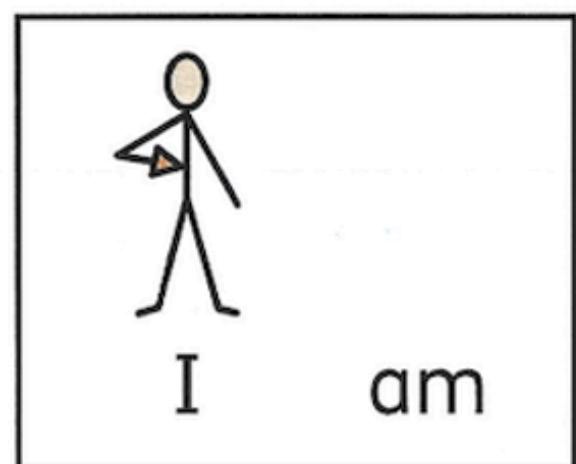
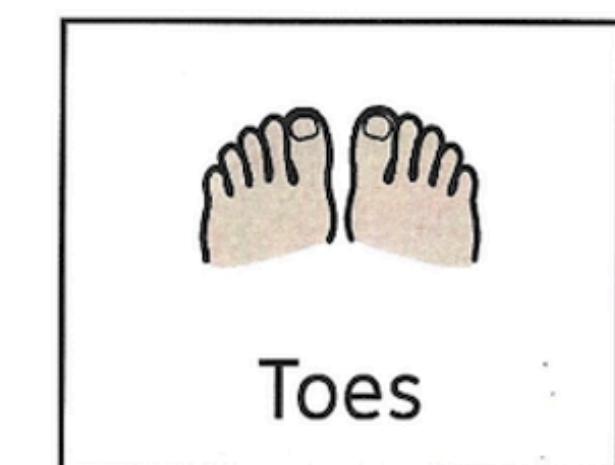
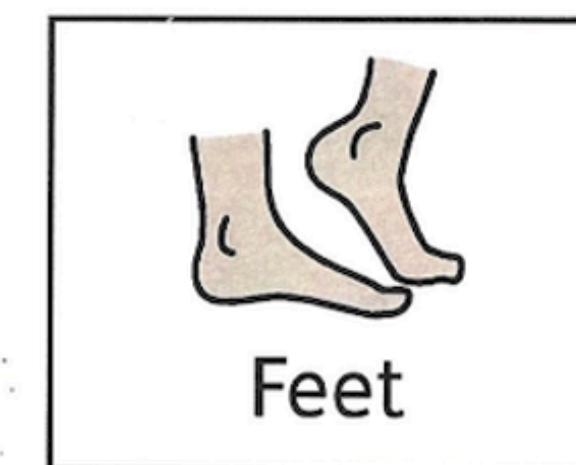
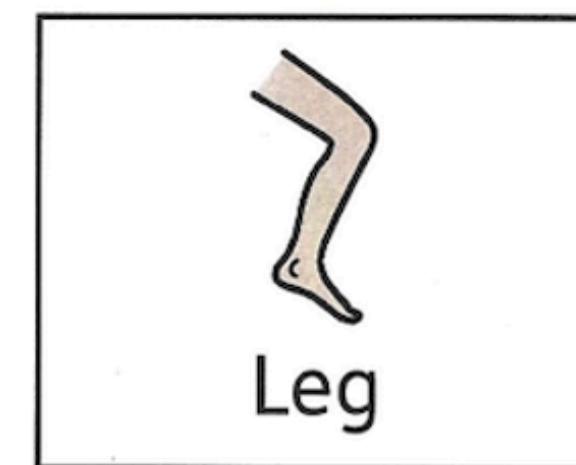
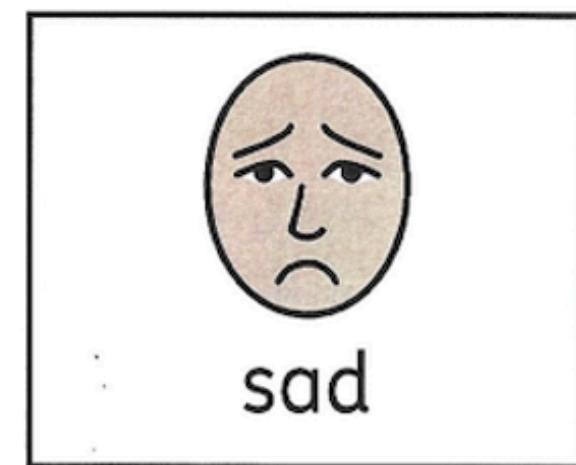
## WAIT TIME

Always give the child time to register and recognise what has been said before repeating yourself.

# RESOURCES







## Grounding Techniques Menu

Unwanted thoughts, memories, and emotions can pull you away from the present moment. Psychologists sometimes call this 'dissociation' and it is very common, especially in people who have experienced trauma. Grounding techniques are a way of bringing your attention back to the present moment, where you are safe.

### Come back to your senses



Using your senses of sight, sound, touch, smell, and taste is a quick and powerful way of bringing your attention back to the moment at hand.

- **5-4-3-2-1 technique:** name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.
- **Water:** splash your face with cold water, run water over your hands, or have a bath or shower.
- **Smells:** smell a strong smell (e.g., chewing gum, essential oils).
- **Grounding object:** carry an object with pleasing sensory properties (e.g., a smooth pebble, a beaded bracelet).

### Distract yourself



Dissociation and unwanted thoughts can be persistent. If your mind keeps going to unhelpful places, use distraction to gently bring it back to the present.

- **Nature:** go for a walk outside, watch the clouds, or feel the wind on your face.
- **Other people:** call someone, go somewhere else, talk about something different, or go 'people watching'.
- **Watch & read:** watch a funny video or read a book.
- **Listen:** use music or a podcast to change your mood.
- **Slow down:** walk somewhere slowly and mindfully, and concentrate on each step.

### Use your body



If you feel distressed, you can use your body to help you to come back to the present moment.

- **Change position:** stand up if you were sitting down.
- **Exercise:** do some star jumps, go for a run, or swim.
- **Stretch your body:** reach up and try to touch the sky with your fingertips, then bend down and try to touch the ground.
- **Dance:** move your body to your favourite song.
- **Ground yourself:** press your feet into the floor and literally 'ground' yourself.
- **Hands or feet:** curl your fingers or toes, then release them.

### Calm yourself physically



Your body and mind are connected. Use physical soothing techniques to help you to relax.

- **Breathing:** try a relaxed breathing exercise to calm yourself by slowing and deepening your breathing.
- **Muscles:** try a progressive muscle relaxation exercise to calm yourself and release tension, or clench and release your fists, allowing tension to drain away as you release.
- **Yoga:** practise yoga or stretching.
- **Exercise:** use physical exercise to release pent-up energy.
- **Connection:** ask someone for a hug, give yourself a butterfly hug, or stroke a pet.

### Remind yourself that you are safe



Unwanted memories from the past can make you feel unsafe. Remind yourself that you are safe now.

- **Proof:** carry something that proves you survived (e.g. a photo of something good that has happened since your trauma).
- **Letter:** write a letter reminding yourself of why you are safe now, and carry it with you.
- **Coping statements:** "I survived", "This too shall pass", "This is just a memory", "I am safe now".
- **Then vs. now:** focus on what's different now compared to the time of your trauma.

### Orient yourself



Dissociation can make you forget where and when you are. Use grounding to orient yourself in space and time.

- **In space:** remind yourself of where you are right now.
- **In time:** remind yourself of when it is right now.
- **Relative to your trauma:** remind yourself of where you are now, and how it is different to where and when your trauma happened, or remind yourself of what has happened since your trauma happened.

### Offer yourself compassion



You're already feeling bad, so there is no point in making things worse by criticising yourself. Try offering yourself kindness instead.

- **Be understanding:** "It's no wonder you're feeling frightened because you have just had unwanted memories of the past. You are safe now."
- **Be kind:** what would you say and how you would act towards someone else who was suffering like this?

### Use your imagination



Your mind can respond to imagined 'things' as powerfully as it does the 'real thing'. Regular practise of the exercises below can help when you need it.

- **Safe place:** do a 'calm place' or 'safe place' exercise, where you imagine being in a soothing place.
- **Compassionate other:** try a 'compassionate other' exercise, where you imagine being in the presence of a perfectly compassionate being who accepts you without judgement.
- **Positive memories:** deliberately think about happier times, places where you felt safe, or people you felt safe with.

# Indoor Scavenger Hunt

**Find Something...**

shiny

green

that can break

crunchy

silky

that moves

you love

that makes you happy

stinky

triangular

that has a battery

used for cleaning

you can read

long

you can see through

you use everyday

you should throw away

with 4 sides

heavy

squishy



# Nature Walk Scavenger Hunt

Mark each item as you find it. Can you find five in a row?

