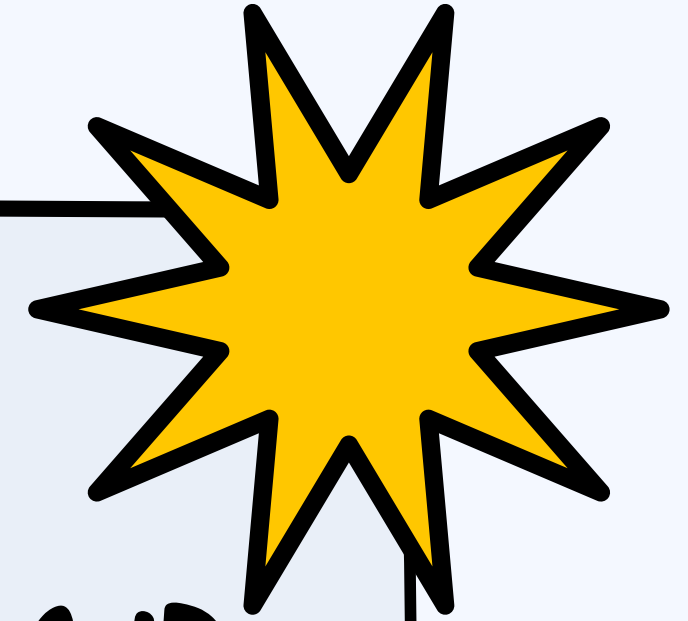


The background is white and decorated with various colorful elements: a purple star at the top left, a yellow star at the top center, a red star at the top right, a yellow star on the left side, a purple circle on the left, a purple circle on the right, a red and yellow wavy line on the right, and a rainbow at the bottom center. The main text is in a bold, black, rounded font.

# FAMILY FUN & DEVELOPMENT PACK





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



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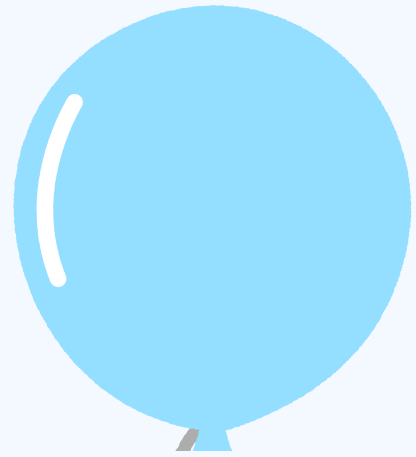
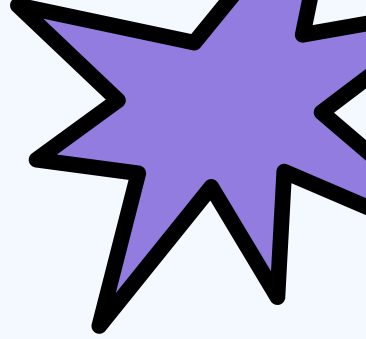
**5** Communication & Life Skills

**6** Resources

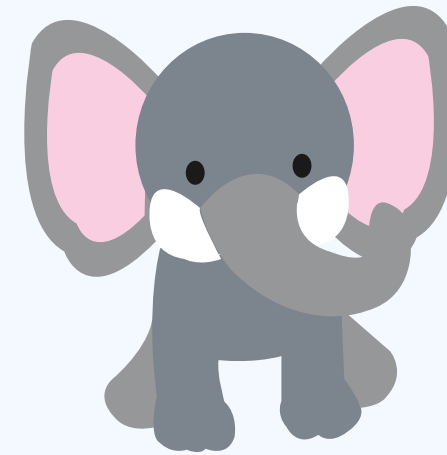




# FUN INDIVIDUAL GAMES



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



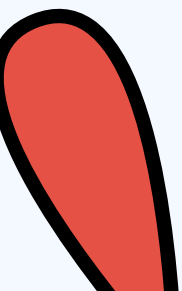
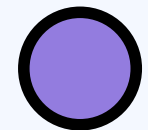
Moving Animals: Place markers (pillows, stones, cones) around an area. Move between them like different animals (elephant, cheetah, monkey etc.)



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.

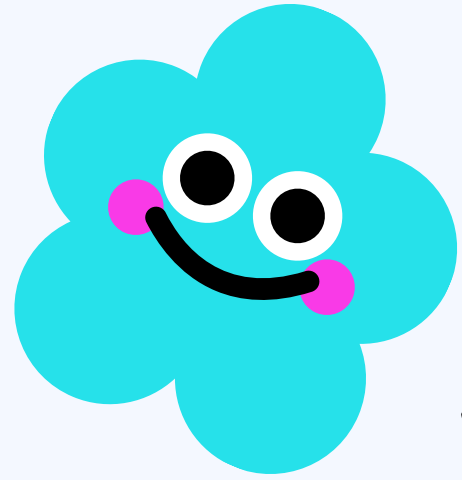
## JUST DANCE

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





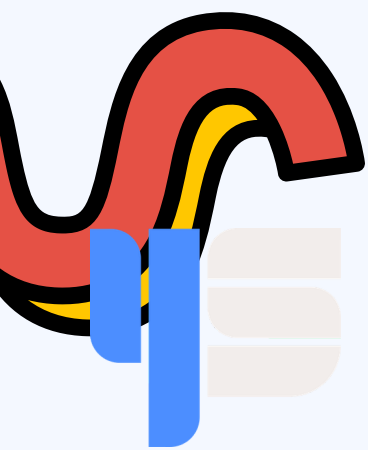
# SENSORY & FINE MOTOR FUN



*Edible Playdough: Mix 1 cup flour, ¼ cup salt, 1 tbsp oil, and ¾ 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.*

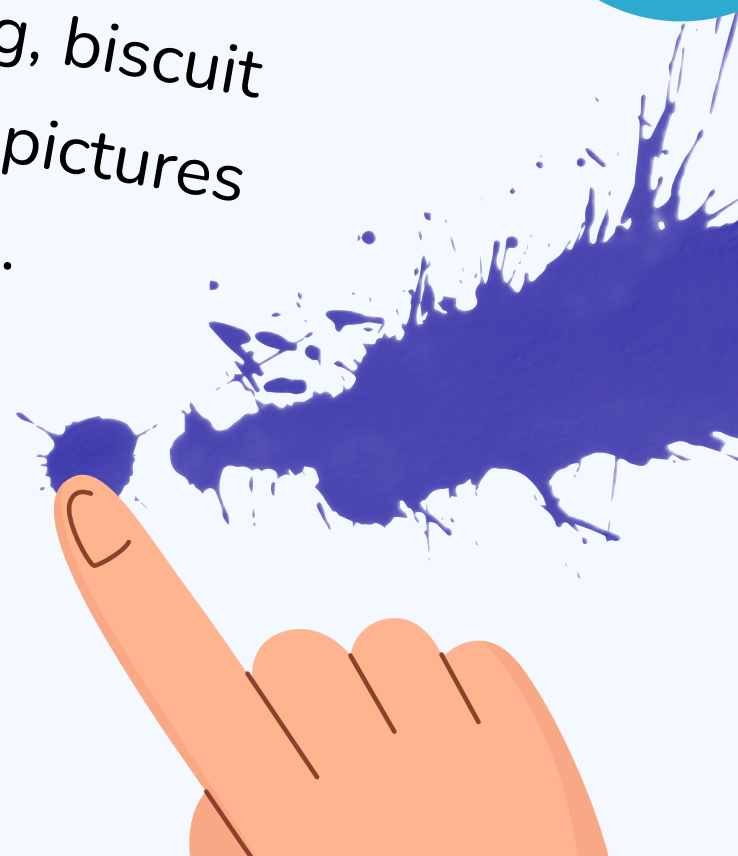


*Fine Motor Challenges: Thread large pasta onto spaghetti or pipe cleaners, or try "Clothpeg Game" see who can collect the most pegs from others' clothes!*

*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.

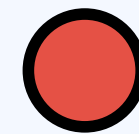
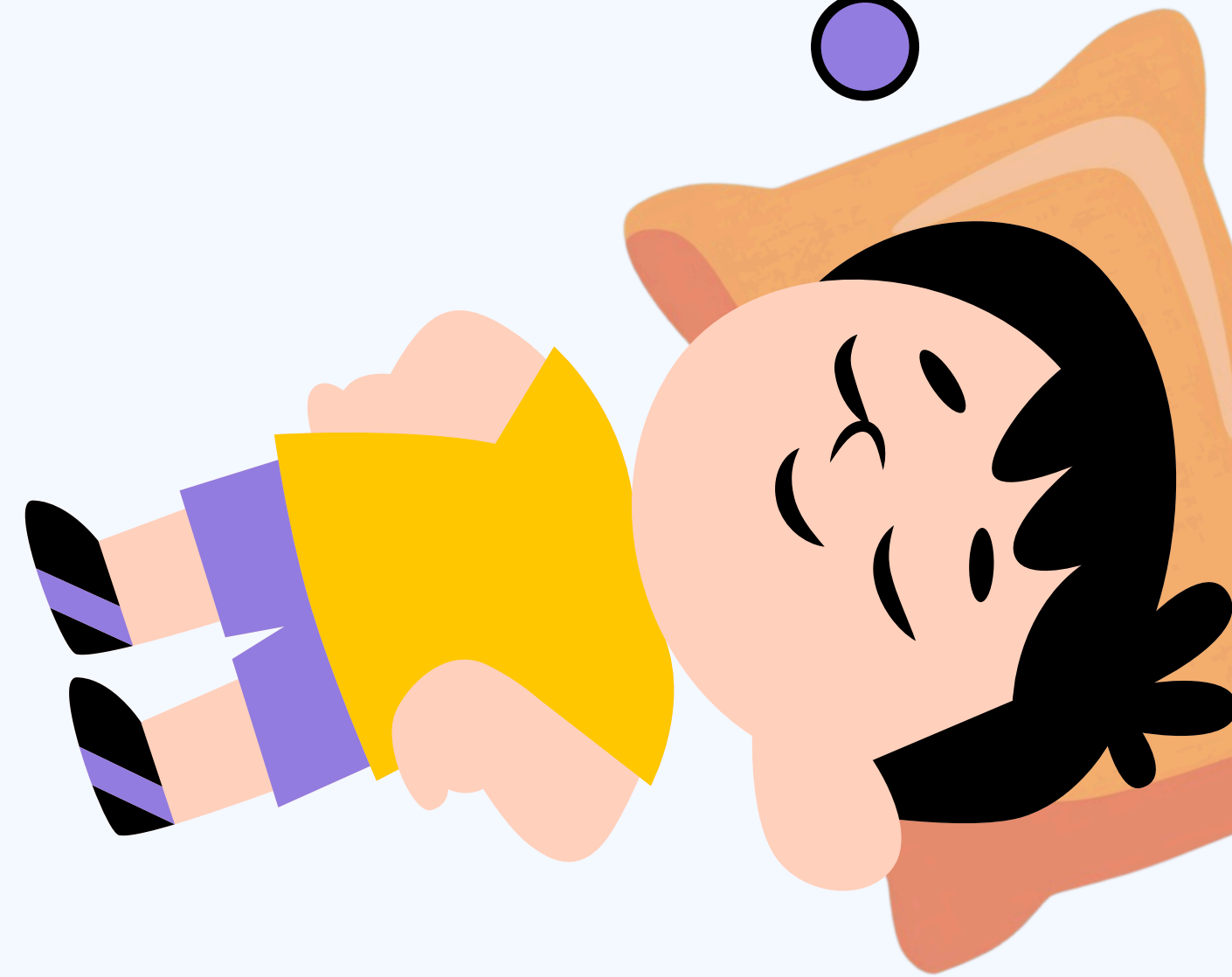
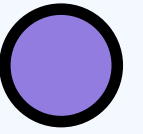
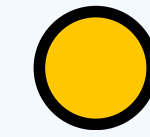
## BODY CIRCLES

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



# RELAXATION & GROUNDING

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 gentil 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.

