

Games and Activities to help your child at home



Games to help memory

- **I went shopping**

Start the game by saying "*I went shopping and I bought a football*".

The next player must repeat this phrase and add a new item e.g. "*I went shopping and I bought a football and some crisps*".

The next player(s) must continue the phrase, adding on one item each time.

This game can be varied to suit the class topic, for example:

- *I went into space and I took...*
- *I went to a medieval castle and I saw...*
- *I went to ancient Egypt and I saw...*
- *At the farm there was...*

Here are some ways to make the activity easier:

- Try saying the words in alphabetical order e.g. apples, balloons, crisps, donuts
- Assign numbers e.g. e.g. 1 pyramid, 2 pharaohs, 3 slaves etc
- Use pictures to help you, placing them in a line on the table

Don't forget to record how many your child(ren) can remember in a sequence and see if you can beat that number next time you play.

- **Pass the pen**

An object is passed around the room and each member has to repeat what has been said about it and add another comment about the item. For example, using a pen:

Person 1: "you write with it"

Person 2: "you write with it and it has a sharp point on the end"

Person 3: "you write with it and it has a sharp point and last week it went to the supermarket"

You don't have to use pens, you can use an item related to the current topic or a random thing from your handbag (I do this a lot!)

Person 1: "this is a teaspoon, it's a little spoon"

Person 2: "this is a teaspoon, it's a little spoon and I ate my yoghurt with it"

Person 3: this is a teaspoon, it's a little spoon, you ate your yoghurt with it and then you washed it"

Or you can get quite inventive:

Person 1: "these are my keys, I use them to unlock things"

Person 2: "these are my keys, I use them to unlock things, including my time machine"

Person 3: "These are my keys, I use them to unlock things, including my time machine, so that I can go back in time and see the dinosaurs"

Games to help Vocabulary

- **Heads Up Game**

- Hold a picture or piece of paper with a word written on it to your forehead. No peeking!
- The other people in the group or on your team have to describe the item/word to you for you to guess.
- Can you guess the picture in 20 seconds?
- You can include words from a topic (like famous footballers, singers, items in the kitchen or tools in the woodwork classroom).
- There are apps available for you to download and play on your phone or tablet device.

- **Tell me 5**

Challenge your child to tell you 5 things in a given category.

Hold up your hand and count the items off on your fingers.

Gradually build up the number of items or decrease the amount of time to make it more challenging.

Try these categories:

- Vegetables
- Numbers between 60 and 75
- Animals in a zoo
- Colours
- Items of furniture
- Toys
- Things you find at Christmas
- Things that begin with B
- Countries
- Things that are blue

Activities for Social Skills

Conversations are essential to social communication. Here are some top tips:

- Make time to talk- aim for at least 10 minutes every day.
- Reduce distractions- turn off the TV and put phones away. It doesn't have to be forever, just for a 10 minute chat.
- Eye contact- look at the person you are talking to, this will reassure them that they are important to you and you can see facial expressions.
- Ask questions- this helps to develop reasoning and justification skills.
- Talk about likes and dislikes.
- Give each other compliments.
- Talk about feelings- this can be really tricky and helpful if the adult can talk about their feelings first. Say "I'm sad today because X happened" or "X made me feel really angry".
- Be consistent. Try to make time to talk at the same time each day i.e. after school or just before bed time.
- Play games- some board games are fun and can include everyone in the family, with different ages and needs.