

- Selection of small toys (such as wind-up cars or animals, helicopter balloons or just balloon to blow and release in air, squashy toys, squeeze toys etc..)



Take out of the bucket one object at a time, show it to them but do not let them touch it. As the person holding the object, show high levels of enthusiasm 'wow, balloon' for example, but remember, only you can touch the objects. Repeat with each object in the bucket.

The aim of this is to: **Stimulate your child's attention and focus, improve listening skills and respect rules.**

Change the objects in the bucket when you/if your child begins to lose interest.

2) FLOUR SHAKE



You need:

- Flour
- Black paper (other dark colours are fine too. Just avoid white one because the important thing is flour stands out)

- Sieve

With child in front of you, lay the paper on the floor or table and begin to sprinkle it with flour using the sieve (if you like/want you can sing while sprinkling “Shake shake shake it..”). Using your finger, make some marks in the flour your child may recognise (their name, a drawing of a flower, lines or shapes etc) and ask them “What is it?” or repeat the word of the image you have drawn. Still, do not let them touch anything.

Aim: To engage children, do something together whilst following simple instructions (look, sit, don't touch). This should aim to improve engagement and attention span. Also helps to develop literacy/reading skills.

3) SNOWY HAND



You need the same tools of the previous activity (look above point 2 “Flour shake”)

Once you have finished with “Flour shake”, keep everything as it is and upgrade the level of engagement by asking your child (children if there are more than one) to join in by putting their hands (or even feet if your child is more sensitive there) on the paper, then sprinkle it with flour. Take turns between yourself and your child, or children.

Aim: Engagement, understanding the importance of listening and taking turns, following instructions.

Tips: Really good activity for sensory stimulation.

4) RAINBOW RAIN



You need:

- Transparent/clear jar
- Tap water
- Shaving foam
- Food colouring (choose the colours you have at home or your kids like. You can also mix primary colours and show to your children how to make green using blue and yellow)

Fill the jar with water and, with your child sitting in front of you, spray some shaving foam on top to create a cloud. Drop different colours on the foam one at a time. Ask your children what colours they can see coming down through the “cloud” and what does happen to the colours once they are in the water all mixed?

Aim: To engage, share in an activity, follow instructions and understand the importance of listening.

5) RAINBOW SPONGE



You need:

- Kitchen/Dish sponge
- Paper
- Paints (Rainbow colours are perfect for the result, but you can use what you have at home and as in the previously activity experiments with mixing colours are welcome and fun)

Pour the colours you've chosen in lines on the smooth side of the sponge and with it draw a rainbow on the paper. A song you can sing whilst doing the process is "I can sing a rainbow" (you can find it here

<https://www.youtube.com/watch?v=nRTdq0VsLGQ>).

Aim: To engage, share in an activity, follow instructions and understand the importance of listening.

6) BUBBLE SNAKE



You need:

- 1 plastic bottle
- Scissors
- A long sock
- Washing up liquid
- Tap water
- Dish (saucers are quite good shape for this)

Cut off the base of your bottle and then roll the sock over the open end and up to the neck of the bottle. Make some soapy water, mixing washing up liquid and warm tap water. Soak the socky bottle in the mixture, blow through the cap and bubble should appear out the e

Aim: To engage, share in an activity, follow instructions and understand the importance of listening.

7) 5 CURRANT BUNS



You need:

- Shaving foam
- Glitter (optional)
- Hand or Swatter

With your child sitting in front of you, use the shaving foam to make a 'current bun', sprinkle the glitter on top if you wish and sing the song "5 currant buns" (you can find it here <https://www.youtube.com/watch?v=-mi79hRcSXl>). Splat the first bun using your hand and then take turns splatting each 'current bun.' (Introduce fake coins made out of paper or the Monopoly so your child can 'pay' for the current bun before they splat them).

Aim: Physical engagement, understanding the importance of listening and taking turns, develop maths/counting skills.

Tips: As shown in the image above you can make different shapes with the foam, for example, ice cream, snowman, etc. You can also increase the number from 5 to 10 (10-20 etc) in base on your child's maths level.

If you would like more or similar ideas, please have a look at the website below

<https://best-practice.middletonautism.com/approaches-of-intervention/attention-autism/>

Have Fun and stay safe!!! 😊