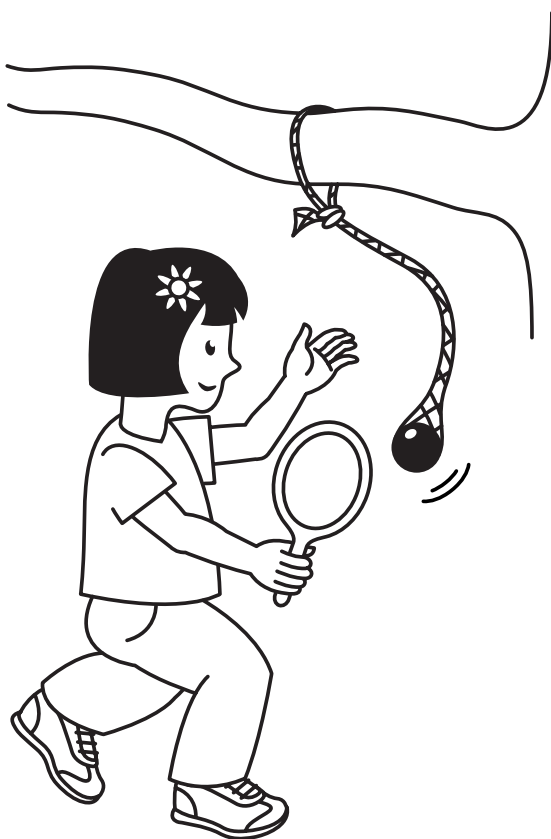


Outdoor activities

- ▶ Hit suspended balls or balloons. Place a ball in some old stockings and hang it from the clothesline or a tree branch. Hit the ball with a bat (one-handed) or rolling pin (two-handed). Increase the number of hits as your child's coordination and endurance improves. For younger children, fill a balloon with some rice, draw a face on it and hang it up with some string.



- ▶ Push and pull a wheelbarrow, a pram or a trolley. Adjust the amount of weight to be pushed and pulled. As your child's strength increases add more weight and increase the distance she needs to push it.
- ▶ Pretend to paint the house or fence using water and a large brush or roller.
- ▶ Help in the garden – dig, rake up leaves, carry soil or compost in a bucket.

- ▶ Play in a sandpit using spades, rakes and other digging tools.
- ▶ Help clean the cubby house – sweep the floor, clean the walls inside and out using a damp sponge or small broom.
- ▶ Ride a bike or tricycle.
- ▶ Stretch up and pop bubbles blown in the air.
- ▶ Carry a toolbox or bucket filled with water, soil or sand.
- ▶ Climb monkey bars, ladders or climbing frames.
- ▶ Woodwork activities - hammering, sawing, sanding.
- ▶ Cricket, tennis and other bat and ball games.
- ▶ Basketball activities – bouncing and catching; dribbling; throwing and catching; bouncing and catching against a wall; throwing at targets or basketball rings.
- ▶ Wash the car.
- ▶ Skip or turn a skipping rope for a group skipping game.



Please talk to your occupational therapist if you have any queries about the above activity ideas.

Indoor activities

- ▶ Hit a balloon in the air as many times as you can either using your hand or a bat.
- ▶ Swim or play in water at a swimming pool.
- ▶ Wheelbarrow walks – hold your child at his hips or knees while he walks on his hands (when your child is strong enough hold at his ankles). Motivate your child by encouraging him to go further each time.
- ▶ Animal walks – pretend to be a dog or cat (crawl along the floor); a bear (walk on hands and feet) or try bunny hops (jump with hands and feet). Make it fun by setting up an obstacle course, relay or race.
- ▶ Stand opposite your child and place the palms of your hands against your child's hands. Try pushing each other over.
- ▶ Arm wrestles – sit opposite your child with elbows on the table. Hold each other's hands and encourage your child to push against your resistance.
- ▶ Draw, write, paint or colour in on a vertical surface such as a blackboard, easel or on a piece of paper taped to a wall. To make it fun, draw a large mural, make a football ladder, play a game of noughts and crosses on a large grid, or trace around your child's body on a large piece of paper and get your child to draw all his features and colour his clothing.



- ▶ Cooking – mixing, kneading or use a rolling pin.
- ▶ Wall push-ups – straighten your arms and place your open hands on the wall. Bend your arms and touch your nose to the wall. Do not move your feet. Push away with straightened arms.
- ▶ Play tug of war with your child using a twisted towel.
- ▶ Play with toys that provide resistance or require force such as hammering sets, playdough, pop beads, lego or other construction toys.



Please talk to your occupational therapist if you have any queries about the above activity ideas.

Everyday activities

- ▶ Carry shopping bags or other parcels (gradually increase the weight).
- ▶ Water pot-plants or the garden using a watering can or bucket.
- ▶ Sweep the floor, verandah or outside pathways.



- ▶ Get dressed and undressed by yourself.
- ▶ Pour milk, water or cordial from a container to a cup.

- ▶ Wipe down the kitchen table or the front of the kitchen cupboards.



- ▶ Clean the sides of the bath with a sponge while you are in it.
- ▶ Make the beds.
- ▶ Help carry out the washing basket and hang out the clothes if your child can reach. If not, position a string line for your child to peg washing – have it positioned so your child needs to stretch up.

Please talk to your occupational therapist if you have any queries about the above activity ideas.