

Home Fun #1

Introduction: To help transfer learning from the therapy office to home, school, and your community, it is important to practice, model, and reinforce the skills you are learning at home. Dedicate three different times this week to try these activities. You will need approximately 20 minutes. Record the highlights of your discussion questions and bring your notes to our next session. **DO THE ACTIVITIES FIRST - THEN READ THE QUESTIONS.**

EACH ONE, TEACH ONE: Each person has ONLY 30 seconds to teach something to each family member individually - in pairs, not as a group (e.g., how to roll your tongue, a phrase in a foreign language, a new song, a yoga move, etc.).

Discussion Questions:

1. What was your favorite thing to learn? What made this your favorite thing? What did the “teachers” do that helped you to learn? How did the time limit impact learning?
2. How did you decide what to teach? Did you teach the same thing or different things to each person? Did you teach what you wanted to teach or what the other person wanted to know? How did the time limit impact teaching? What did the “learners” do to help you teach?
3. How is this activity like the idea that we are all teachers and all learners in our journey together? How does this relate to your family right now?

SQUIGGLE DRAWING: On the word “Go!” each person scribbles on his/her paper for 5 seconds and then exchanges his/her scribble with another person to create a picture from someone else’s scribble!

Materials: one marker and one blank piece of paper/person.

Discussion Questions:

1. What was your favorite “scribble drawing”? What made this your favorite?
2. How did you show cooperation during this activity? How did you show creativity?
3. How is this activity like the idea that sometimes we have to make sense out of things that don’t seem to make sense? How does this relate to your family right now?

OBJECT TOSS: From about five feet away, take turns gently tossing ALL of the small objects at one time (round one), then ALL of the medium objects at one time (round two), then the large object (round three) at one person who tries to catch as many items as they can each round.

Materials: 20 small objects (e.g., paperclips), 10 medium objects (e.g., rolled up socks), and 1 large object (e.g., stuffed animal).

Discussion Questions:

1. What round was the easiest to catch all of the objects in that round? What do you think made this round the most successful?
2. What round was the most stressful? What made this round so stressful?
3. How is this activity like the idea that sometimes we need to focus on one thing coming at you at a time? How does this relate to your family right now?