

Home Fun #2

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.**

KEEP IT UP!: Using an inflated balloon, count how many taps your family uses to keep your balloon in the air with an added challenge of no one hitting it two times in a row (try more than once!).

Materials: balloon

Discussion Questions:

1. What number did you get to? What strategies did you use to keep the balloon in the air? How did your family work together?
2. How did people respond when the balloon touched the ground? How did other people's responses influence your response?
3. How is this activity like the idea that we have to work together to keep things from falling down? How does this relate to your family right now?

TRADING SPACES: Start with each person standing on a piece of paper at least ten feet away from a circle (rope loop) with the challenge (time the event) to switch places as fast as possible with another family member by leaving your space, stepping into the loop at the same time as the person you are switching spaces **WITHOUT** touching each other, and ending on the other person's piece of paper.

Materials: rope loop – about the size of a hula hoop, one piece of paper/person.

Discussion Questions:

1. What strategies did you use to get the fastest time? How did timing the event influence responses? How did your family work together?
2. How did people respond if they touched in the middle? How well did you follow the rules?
3. How is this activity like the idea of trading spaces to get a different perspective on things? How does this relate to your family right now?

BANANA BANDANA: Stick a bandana in the back pocket of a family member and put this person at the end of your family member conga line (holding onto each others waists or shoulders) and challenge the front person to capture the bandana and the back person to avoid capture!

Materials: bandana

Discussion Questions:

1. What strategies did you use at the front of the line? At the back of the line?
2. How did your family work together? How did you decide which end of the line to help? Who was a leader? Who was a follower? How this demonstrated?
3. How is this activity like the idea of running in circles with the head and the tail having two different goals? How does this relate to your family right now?