

Home Fun #3

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.**

DON'T CRY OVER SPILT MILK (ER WATER): Sitting on the floor in a circle, pass a can around the circle only using your feet AND without letting the can touch the ground. (Added challenge, put water in the can!)

Materials: empty can – any size

Discussion Questions:

1. What strategies did you use to keep the can moving? How did this change if you did the added challenge? How did your family work together?
2. How did people respond when the can touched the ground? How did other people's responses influence your response?
3. How is this activity like the phrase "Don't cry over spilt milk"? How does this relate to your family right now?

PICTURE THIS: Sitting in a row front to back AND without talking, the person at the end of the line secretly "draws" the selected picture using touch only on the back of the person in front of them, who passes the "picture" forward, who passes the "picture" forward until it reaches the person at the front of the line who draws what they felt on a piece of paper.

Materials: Simple picture (e.g., stick figure person standing next to a tree), paper, marker.

Discussion Questions:

1. How close was the end picture to the beginning picture? How did you get or give feedback without talking? Who was responsible for the messages getting passed along correctly?
2. What did people do if they got frustrated? How did this influence the picture?
3. How is this activity like the idea of being responsible for communicating what something looks like when you can quite visualize it? How does this relate to your family right now?

DROP IT: Standing in a circle facing each other, balance the foam noodle on the floor in front of you using only one finger and on the count of three, let go of your foam noodle and move to the foam noodle on your right balancing it before it falls AND using that same finger.

Materials: 1 midi foam noodle/person

Discussion Questions:

1. How did your family communicate ideas to each other? How did ideas change with practice?
2. How did you respond when a foam noodle fell? Was this different if it was your foam noodle versus another family member's foam noodle? How did this response influence others?
3. How is this activity like the idea of letting go and moving on? How does this relate to your family right now?