



Public Site

Daily Living Skill

Hands on Activities

Safety Signs



1. Take your child on a walk through the neighborhood with clipboard, digital camera, or small drawing notebook. Kids can draw or photograph any signs they see. At home have your child categorize them into different groups, such as signs that warn, signs that give directions, signs that tell people to stop, etc.

2. Discuss symbols and signs that mean *stop* or *go*. There are many symbols that mean stop, such as the stop sign, a red traffic light, a red blinking light, or a yield sign. Draw different symbols for stop and go on separate pieces of paper. Then play “*Red Light, Green Light*” using the signs.

Ordering Food from a Menu



1. Search for menus online. Show your child how a menu is divided into categories. Have them search for foods in different categories (eg. *If you want a glass of milk, where do you find it on the menu?*)

2. Create a Menu for dinner at home. Put items into different categories in the same way a menu is laid out. For example, under beverages put milk, water, apple juice. Let your child pick one item from each category. Be creative, for example rather than listing three different vegetables you could list carrot sticks or carrot coins.



Washing Hands



1. Have your child look at his or her hand through a magnifying glass. Encourage your child to draw a “map” their hands. Can they see all the nooks and crannies where germs might hide? You can extend the activity by having your child make handprints on a piece of paper and having them observe their prints. Then your child can practice washing their hands by using warm water and soap. The paint will show them all the spots they need to reach when they wash their hands.

2. Create a chart with your child that has spaces for each day. Then have your child record when they wash their hands. Your child should recognize if she or he is washing their hands enough and change their behaviour based on what they have learned. Discuss when a person should wash their hands and set up a plan to remind everyone in your family about hand washing so that all family members can practice healthy habits.

Identifying Community Helpers



1. Does your child know who to call during an emergency? Does your child know where to go if a problem occurs when adults are not home, or if there is a fire, earthquake, or other disaster? Prepare and review an easily-accessible list of community helpers for your child. Include each helper’s name, position, and contact information.

2. On index cards, write the names of different community helpers such as firefighter, police officer, paramedic, veterinarian, dentist, mayor, sanitation worker, and letter carrier. If possible, use pictures to illustrate so non-readers can understand the cards. Put the cards into a box or hat and have your child act out the job of that community helper.



Emotions



1. Read a fairy tale or other story your child knows and loves. As you tell the story, pause at points where characters are expressing emotions. For example, when the Big Bad Wolf blows down the pigs' houses. Ask your child what the characters are feeling and how she knows. Encourage your child to look at the illustrations, too, to help identify the emotion. Ask your child what makes her feel this way.

2. On cards or small pieces of paper write the words for eight emotions. Try and think of more emotions than happy, sad, mad. For example, you could use frustrated or excited. Draw pictures of the emotion if you can. Spread the words out on the floor. Put on music and dance with your child. When the music stops pick up one card and act out that emotion.

Dressing



1. Use large elastic bracelets, like loom bands, to put onto feet - since you have to stretch them open to get them on, just like you have to stretch your socks. How many bands you can get onto your foot? Leg? How high can you get them up your leg? You can cut a t-shirt into strips so that you have a bunch of circle bands, then put both feet in and slide them up to the waist. Make it into a game relay to see how many bands you can collect around your waist. Then reverse the relay so you have to take them off one at a time. <https://therapyfunzone.net/blog/work-dressing-skills-play-activities/>

2. Put a bin of dress-up clothes in the living room. Have kids put on/take off shirts, dresses, pants, etc. Bigger clothes are good for practicing motions needed for dressing without resistance of elastics or tight-fitting items.

Following Directions



WALK AND STOP

You can use music to create an upbeat and exciting environment for your child who is just learning how to follow directions. Ask your child to walk while the music is on and stop once the music stops. You can also change up the directions to make it more interesting for older children by asking them to run, jump, skip or dance while the music is playing.

COLOUR BY NUMBERS

Colouring by numbers is a quick and easy activity that reinforces following directions. Provide your child with worksheets showing a picture that is sectioned off. Each section will be labeled with a number. Your child will follow the directions you provide to properly color the picture. For example, the directions might say *'Color all the 2's red'*. Free colour by numbers worksheets can be found with a quick internet search or by copying a colouring book page after adding numbers of your own.

HUNTING FOR TREASURE

Children love a treasure hunt! Help them learn to follow directions by giving them a set of clues. Your child can follow one clue to the next until the treasure is found at the end of the game. The treasure can be anything you desire, such as a special pencils, stickers or books.

BUILDING BLOCKS

Begin this activity by showing your child a pre-built structure made from blocks. Provide him/her with a list of clearly written directions that tells him/her how to recreate the structure using blocks of their own.

<https://study.com/academy/popular/following-directions-activities-games.html>

