

for
Parents

Playbook

with

CLAY

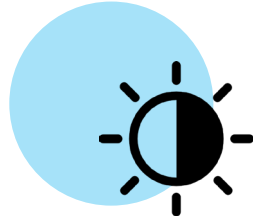




It has a few activities based on which they can develop another set of activities. These will help the child be involved even at home and work in a different area he/she needs help.

Based on each child's specific requirements, parents & teachers can come together to develop more such activities. These activities would not show results very soon, but they will help in the long run as therapy.

Flashlight TAG



Ingredients : Torch and any objects

Preparation time : 5 minutes

RECIPE FOR FUN!

The child should be given a torch, and then the person heading the activity should hold objects at a different distance, height, etc. and ask the child to put the flashlight where the object is.

The objects can be changed from time to time in order to avoid monotony. If possible, one can also do role reversals. It would make the activity more fun.

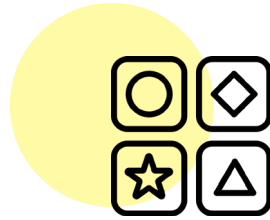
This recipe book serves as a guide for parents on incorporating everyday things as learning tools for children.



BENEFITS:

1. Develops eye-hand coordination, which is vital in linking the brain with movement. This helps with tasks like tying your shoes and prepares kids for success in reading and writing.
2. Tracking a moving object helps develop eye muscles needed for reading and writing, strengthening visual tracking skills.
3. Helps with following directions
4. Builds communication and hence helps with the social skills

Match the **PATTERN**



Ingredients:: Vegetables of different colours, everyday stationary items or any objects which can be set into a pattern

Preparation time: 10 minutes

RECIPE FOR FUN!

The person heading the activity must ask the child to copy them. They should then set the objects in a repeating AB or ABC pattern depending on the child's level understand. The child must copy the same pattern and then can arrange more pieces in the same pattern. Any household objects which are not dangerous for the child can be used for this activity.

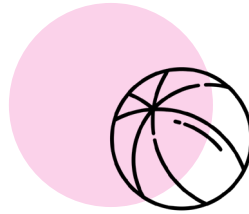


BENEFITS:

1. Increases communication as well as helpful in developing bonding
2. Helps in learning basic maths.
3. If there are different colourful things involved, it will help the child understand the colours well and the pattern.
4. Hones working memory by having children follow directions. This skill is necessary to complete daily activities, like getting dressed or brushing teeth. It helps kids attend to detail, process the task and execute.
5. Helps with the understanding of different shapes and sizes.
6. Recognizing patterns helps children learn to identify similarities and differences, discover relationships, make predictions, and form generalizations.
7. Picking up the pieces and placing them in order strengthens pincer grasp, control and release. This helps develop the muscles in the hands and fingers needed for daily living skills, such as tooth brushing and writing with a pencil.
8. Slowly children can also learn about the different things placed in front of them.

Session 03

BIG - Small



Ingredients : Objects different in shape & sizes, 2 bowls

Preparation time : 10 minutes

RECIPE FOR FUN!

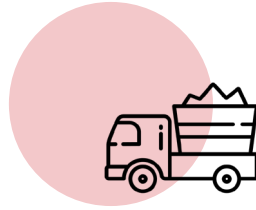
Place all the objects as a mixed group on a table or floor, and then 1 by 1 ask the child to put the more oversized objects in one bowl & the smaller ones in another. Try to tell or visually depict any small story with each object the child picks. Any of the sessions should be interactive so that there is something new to look forward whenever the child is picking up a piece.



BENEFITS:

1. Increases communication as well as helpful in developing bonding
2. Helps with the understanding of sizes & shapes.
3. Hones working memory by having children follow directions.
4. The child will be interested because he/she would get to listen or see stories as they lift the pieces.
5. Picking up the pieces and placing them in order strengthens pincer grasp, control, and release, which helps develop the muscles in the hands and fingers needed for daily living skills, such as tooth brushing and writing with a pencil.
6. Parents can share something related to what the object is, which would, in the long run, help the child to remember the object for what it is.

ROLL it ON !



Ingredients : Different coloured sheets, cardboard or any surface, to stick the sheets, a small ball or a car toy

Preparation time : 15 minutes (for initial setup)

RECIPE FOR FUN!

Parents should cut the sheets in similar long rectangular shapes and stick them next to each other on the hard surface. Hand the ball/car to the child and ask him/her to roll the toy on a specific colour. For, e.g., ‘where is the red track, where is the blue track’ and ask the child to roll the ball or another toy on it.

BENEFITS:

1. Hones working memory by having children follow directions.
2. Helps with identification of colours
3. works on the visual co-ordination
4. Works on sensory skills



5. A visual activity based on real-world objects can make it easier for a child with Down syndrome to understand a general concept.

IMPORTANT NOTE :

The track can be made as long as one needs & can also be altered in shape once the child is comfortable.

Parents can also make modifications as per their requirements. Encourage the child to talk during the process, ask them questions or tell them stories.

Ask them different questions, tell them things about different colour, show them things which are of the same colour as the track they are rolling the car.

Parents can develop a different kind of game from the same setup.

Make some **MUSIC !**



Ingredients: Plastic or tin bottle with a cap, Stones or seeds or beans or rice, etc. to put inside

Preparation time: 15 minutes

RECIPE FOR FUN!

Put all the things in the bottle & close its lid. Hold it a short distance away from the child's face and encourage him/her to look towards the sound and movement when you shake it. Shake the rattle for a bit then wait for the child to react before shaking it again. Encourage the child to move him/her head towards the sound. Help the child to hold the rattle, and encourage him/her to move the arm to make the rattle make a noise.

Help the child practice holding and letting go of the rattle (taking it from someone, giving it to someone else).



BENEFITS:

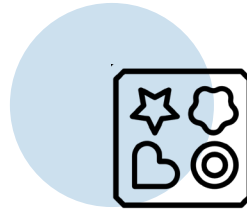
1. Increases communication as well as helpful in developing other social skills.
2. Works on observational skills
3. Would keep the child involved for more extended periods of time.
4. Builds upon the length of time, a child can pay attention.
5. Work on the visual & sound co-ordination skills.

IMPORTANT NOTE :

Do not shake it continuously. Let the child move his/her face towards the sound. Give them time to respond, hold it for a few moments.

If the child drops or throws it, try attaching strings and help him/her learn to get them back by themselves.

Puzzle BOARD



Ingredients: A cardboard (hard)

Preparation time: 20-30 minutes (for initial setup)

RECIPE FOR FUN!

Use firm cardboard, and cut different shapes from it. Keep the shapes near the child, and the negative space on the cardboard now will serve as a puzzle board.

Encourage the child to pick up the pieces herself.

Encourage and help her to match the shape of the piece to the correct hole. Make the process enjoyable by continuously chatting with them. One can also ask the child to colour each of them before putting on the puzzle board.

BENEFITS:

1. Hones working memory by having children follow directions.
2. Helps with identification of colours.



3. Hones working memory by having children follow directions. This skill is necessary to complete daily activities, like getting dressed or brushing teeth. It helps kids attend to detail, process the task and execute.
4. Helps with the understanding of different shapes and sizes.
5. Recognizing patterns helps children learn to identify similarities and differences, discover relationships, make predictions, and form generalizations.
6. Picking up the pieces and placing them in order strengthens pincer grasp, control and release which helps develop the muscles in the hands and fingers needed for daily living skills, such as tooth brushing and writing with a pencil.

IMPORTANT NOTE:

The child will learn by trying to fit the piece herself – don't always show her the right hole immediately. Let him/her make mistakes and try again.



It is essential to talk during the process. Caregivers should keep evolving their ways to keep the child engrossed.

These sessions are to introduce a play-based approach and give an idea of how to take it forward. Caregivers can plan out sessions according to the need of each child.

If a child has been diagnosed with blindness or deafness, focus on other senses for play.

Most caregivers know already how to play with children. It may only be more complicated if the child does not respond as we expect. Try to encourage any attempt at being playful and remind the caregivers how important it is to develop the child.

Change posture often and encourage the child to be active in each posture. Play should be a part of the daily routine. For instance, when you are bathing the child. Try to use playtime to develop new skills, but remember it must be fun and pleasurable after all. Applaud anything they do while playing, any new observation encountered must be given applause



ADD-ONS



An Alternative for those with Special Needs



Srishti

Graduation project
Ceramic & Glass Design



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