

# Appendix 8

## Games for parents to try at home

### Looking games to try at home

#### Silent treasure hunt

**What you need:**

- Some 'treasure' to hide

**What to do:**

- Send your child out of the room and while they are gone, hide a box with 'treasure' in it somewhere in the room.
- Ask your child to come back into the room and find the treasure.
- The people in the room cannot tell the child where the treasure is but they can help them find the treasure by looking at where it is hidden.

#### Pass the turn

**What you need:**

- A game or activity that you can take turns in

**What to do:**

- Choose a game or activity which your child enjoys, e.g. a puzzle, a car ramp, a marble run or another game.
- Explain that you are going to give the people in the room a turn, but you are NOT going to say their name. You are going to look at them and give them a little nod.
- Then pass the turn to people one at a time by looking at them and nodding.

## Staying quiet games to try at home

### Musical traffic lights

#### What you need:

- An instrument such as bells or a shaker
- A stop/go sign

#### What to do:

- Encourage your child to play their instrument when they see the 'go' sign.
- When you turn the sign to 'stop', they must stop playing and try to keep their instrument quiet.
- You can then count to three before you turn the sign to 'go' again.
- Gradually try to count higher to see how long they can keep quiet.

### Loud and quiet instruments

#### What you need:

- An instrument such as bells or a shaker
- Dino-loud and Mousie-quiet cue cards

#### What to do:

- Tell your child about Dino-loud (who likes loud noises) and Mousie-quiet (who likes everything to be quiet).
- Give your child an instrument.
- Put the Dino-loud and Mousie-quiet cue cards behind your back and bring one out to show your child.
- Encourage your child to play the instrument loudly when they see Dino-loud and then quietly when they see Mousie-quiet.

## Sitting still games to try at home

### Musical spots

#### What you need:

- Music
- Paper to make sitting spots

#### What to do:

- Try this activity in a small group with other family members.
- Put sheets of paper out in a circle, one for each person playing.
- Everyone walks or dances around the sitting spots while the music is playing.
- When the music stops, they can sit down on a spot, trying to keep still.
- Count to three before the music starts again and give praise for good keeping still.
- Try to very gradually increase the amount of time they have to sit still.

### Traffic light waiting

#### What you need:

- Toy cars
- Stop/go signs
- Toy cones (or another object to mark start and finish points)

#### What to do:

- Set out the cones at either end of the room.
- Encourage your child to choose a car and try to keep it still at the start cone.
- They need to wait for you to turn the sign to 'go' and they can then push the car as fast as they can to the finish cone.
- Try to gradually increase the amount of time they have to wait before they can start their car.

## Listening to all of the words games to try at home

### Listening for 'go'

#### What you need:

- A suitable toy such as cars and car ramp or a marble run

#### What to do:

- Encourage your child to hold the car or the marble and wait for you to say 'ready ... steady ... go!'
- You may need to help your child to begin with by putting your hand over theirs and gently encouraging them to wait.
- Try to gradually increase the amount of time your child waits before you say 'go'.

### Listening for name

#### What you need:

- Bubbles

#### What to do:

- This is a good game to play with other family members.
- Blow the bubbles and then say someone's name.
- Only the person whose name was called can burst the bubbles.
- Remind your child to keep listening as you might call their name again.