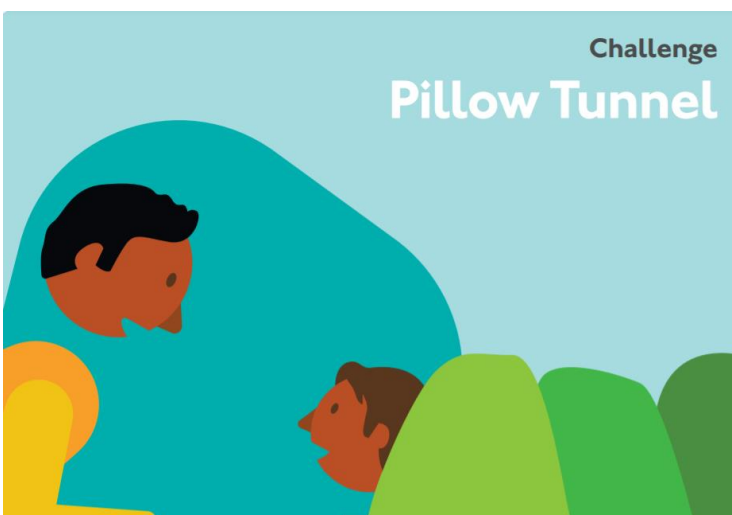


Relationship Connection Games 2

As promised here are some more activities for you to try out and CONNECT – Mr K and Emo



Challenge Pillow Tunnel

Challenge

Pillow Tunnel

How to play

Gather pillows from around the house and shape them into a tunnel. Encourage your child to start at one end and crawl through to meet you at the other end.

You can also use cushions if you want to make a longer tunnel.

Information for parents

- ◆ Sensory regulation as crawling is very calming.
- ◆ Feeling safe.
- ◆ Carrying pillows and building is for calming children.



Challenge Distance Jumps

Challenge

Distance Jumps

How to play

Using pillows as markers, see how far your child can jump. Praise, record the distance and repeat.

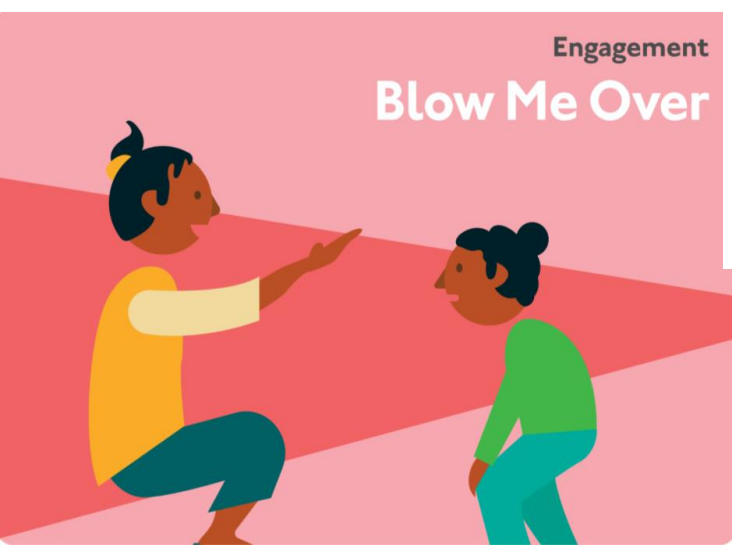
For more challenge, give starting instructions such as, "When I say jellybeans (or any other word of your choice) jump!"

Information for parents

- ◆ Builds feelings of competence and achievement.
- ◆ Learning to take risks.
- ◆ Feeling safe and organised as counting helps children to structure.

Engagement with developmental challenge

Blow Me Over



Engagement Blow Me Over

How to play

Kneel in front of your child. Let them blow you and pretend to fall back. When they are comfortable with the game you can gently blow them over.

An older child can sit in front of you palm-to-palm and push you over.

Information for parents

- ◆ Breathing out is regulating so blowing can be calming.
- ◆ Eye contact.
- ◆ Feeling safe with a trusted adult.