

In difficult times let us connect

As promised here are some more activities for you to try out
and CONNECT

Nurture

Hand Squeeze Signals



Nurture with some structure and challenge

Hand Squeeze Signals

How to play

Sitting opposite your child, take their hands in yours and gently squeeze either one or both hands. Get them to repeat it back to you.

For more challenge, ask your child to close their eyes or cross their hands.

Information for parents

- ◆ Responding to a stimuli.
- ◆ Trust and safety.
- ◆ Touch – firm pressure can help calm children.



Structure

Cotton Ball Blow



Structure

Cotton Ball Blow

How to play

Hold a scarf between you and your child. Keeping the cotton ball on the scarf, try to blow it back and forth between you and your child. You can also blow it between you using cupped hands.

Information for parents

- ◆ Eye contact.
- ◆ Regulating as blowing helps this.
- ◆ Taking turns and getting rhythm and connection with one another.



Challenge

Balloon Bounce



Challenge

Balloon Bounce

How to play

Using your hands or other body parts, work together with your child to keep a balloon in the air.

For more challenge, add more balloons. Be sure to agree on the number of balloons to play with.

Information for parents

- ◆ Learning to accept structure.
- ◆ Movement which is organising and calming.
- ◆ Taking turns and working together.

