

Home Activity Guide

Fun, sensory-friendly activities for every day

Section 1: Simple Daily Activities

Morning

- **Sorting Helpers:** Have your child sort clean socks by color or stack plastic bowls. This builds motor skills and a sense of responsibility.

Afternoon

- **Indoor Obstacle Course:** Use pillows to step on, a blanket to crawl under, and a chair to walk around to help with coordination.

Evening

- **Shadow Puppets:** Use a flashlight against the bedroom wall to make shapes before bed.

Section 2: Sensory Play Ideas

- **Touch:** Create a "Texture Bin" using a shoebox filled with dry rice, beans, or cotton balls. Hide small toys inside for them to find.
- **Sound:** Make homemade shakers using empty plastic bottles filled with different amounts of dried pasta or lentils.
- **Movement:** "Animal Walks" - Practice walking heavily like a bear, hopping like a frog, or sliding like a snake.

Section 3: Calm-Down Activities

- **Breathing:** "Smell the flower, blow out the candle." Hold up one finger to pretend it's a flower to smell, and another to blow out.
- **Quiet Games:** Heavy blanket time, listening to soft instrumental music, or sorting items by color in silence.

Need more specialized activity ideas for your child?

AHEAD Special School

Phone: +91 9330664404 / +91 6290838809 | Email: info@aheadindia.org | Website:
www.aheadindia.org