



ACTIVITIES YOU CAN DO AT HOME!

A free resource for parents, caregivers,
and children on the spectrum!



IN HOME PROGRAMS

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- INDEPENDENT ARTS & CRAFTS
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TRACE SHAPES

Directions: On a blank piece of paper, draw a shape using dashed lines. Have your child trace on the dotted black lines within $\frac{1}{4}$ inch of the lines.

INDEPENDENT ARTS & CRAFTS

Directions: Have your child work on any craft you have at home. Your child needs to do these crafts all by himself with no praise or prompting for a duration of 1 to 5 minutes. Start with 1 minute and work your way up to 5 minutes.

FINE MOTOR IMITATION

Directions: While sitting at the table or while playing. For each target you will demonstrate the task and say “do this”. Your child should then imitate the same motor movement that you did. If they didn’t, prompt them by moving their hands and having them perform the exact action. You can also say “that’s how we do this” instead of reinforcing.

- Touch thumb to pinky (like you’re showing the number 3)
- Touch thumb to ring finger
- Touch thumb to index finger (like “okay” sign)
- Do peace sign with fingers

INTRAVERBAL FILL INS

Directions: For each target you will say all but the last word of the phrase. Your child is expected to say the final word of the phrase. If your child does not respond with the correct "Fill-In" you can prompt them with what to say by having them repeat the correct word, use verbal praise (great job, etc.), and then try again by restating the phrase with all but the last word. If you try again and they do not say the correct word or do not respond, prompt them once more with what to say and praise them if they correctly repeat what you say.

Sample Phrases:

- Drink your (juice)
- You eat (food)
- You wear (clothes)
- You type on a (computer)
- You color with (crayons)

TACT ONGOING ACTIONS

Directions: Perform the action for child and ask them what you are doing. If they don't respond with the correct answer, try performing the action again and immediately give them the answer. If you try again and they do not say the correct word or do not respond, prompt them once more with what to say and praise them if they correctly repeat what you say.

Sample Actions

- Knocking
- Clapping
- Running
- Blowing
- Dancing

RESPOND TO PEER MANDS

Directions: Have your child practice responding to requests from others in the house.

LRFFC

Directions: Have your child select the correct answer from an array of 10 pictures. Your child must also state the answer verbally. If they forget to state the answer, verbally prompt them and try again.

Examples:

- What do you drink from? (straw)
- What do you wash with? (soap)
- What one do you use to cut paper? (scissors)
- What one do you use to cut food? (knife)
- Which one takes children to school? (bus)

PICTURE ACTIVITY

Directions: Have your child use PlayDoh to create a spider or rainbow. Your child is expected to grab all items to complete the task independently and put all items away independently. Start with making the Playdoh rainbow or spider (his choice). Once they complete that, they need to clean it up.

WRITING

Directions: Start at the beginning of the alphabet. Write the letter and have your child copy it. Make sure their letter stays within the lines of the paper and that they are not tracing the letter you wrote. Once your child has gone through the alphabet and has mastered writing all of the letters, you can intersperse any letter for them to practice.

VOCAL IMITATION

Directions: Say the word/sound, and have your child repeat it. Your child has to repeat it identically; if it doesn't sound the same, it is not correct, so do not reinforce. You could say "Nice trying!" or "So close!" and continue working on it until it sounds identical.

Sample words:

Foot
Candy
Mommy
Hotdog
Finger
Bubble gum
Tomorrow
Cookie

TYING SHOES

Directions: Have your child practice tying his shoes. If they need help, you can prompt them verbally or physically until they can complete the task on their own.

RECEPTIVE IDENTIFICATION OF NUMBERS

Directions: Lay any numbers out in an array of 5 and ask your child to find the target number. Make sure to change the array (mix up the order of numbers and what numbers are in the array).

READING NAME

Directions: Show your child a name and have him read it to you. Make sure to mix up the order of the names presented so that they are not reading the same name over and over.

PLAY A COOPERATIVE GAME/GAME PHRASES

Directions: Have your child practice playing a cooperative game (board game, video game, tik-tac-toe, bingo etc.) with friends, family or siblings. Prompt and encourage your child to use game phrases including "my turn", "your turn", "nice try", "good game", and "great job." You can prompt them by saying "what could you say?" Also encourage your child to appropriately play with others by using nice words and keeping their hands to themselves. At the end of the game you could say "good game" in order to model that the game is over.

NAME 3 EXAMPLES

Directions: Using a magazine, picture book, or the internet, locate 3 different photos of common everyday items. Show your child 1 photo at a time and ask “what is this?” Make sure to mix up the order that the photos are presented.

MAND TO “PLEASE STOP”

Directions: Encourage your child to say “please stop” when something happens that they do not like or that they want to end. For example, if a sibling is taking a toy away from them, instead of yelling or crying, they should say “please stop”. A parent should make sure that the undesired activity does stop and that your child can continue playing.

