

My Home Routine (Sample)

(Life runs differently for every family – put in times or don't depending on how your family rolls..)

This can be a time box or a tick box – you can tick and move on when you are ready – it is helpful for a child to know what's coming next!

Be realistic (and kind to yourself) when picking times! Think about what's happening already!

Just put in what happens on an ordinary day – every family is different – if you don't get dressed until later that's fine – there is no reason to change the routine! Just write it as your family lives.

Don't be afraid of putting in plenty of free play time – children need down time where there are no demands put on them. You also need time to get on with other commitments such as household jobs and minding yourself – Remember no one can give from an empty cup!! Take enough time for a break for yourself!!

Have a 'choice board' or ideas lists for the:

- exercise activities ;
- school work / table top activities
- Outdoor play / indoor play ideas

Kids very often say they are bored because they can't come up with ideas but are better when they can pick from a list of options.

You can give them a choice or use the list yourself to tell them what's happening today – they may not 'pick' walk or trampoline – you may say "OK exercise time – we are going for a walk today".

Use writing; drawing or pictures for your timetable depending on your child's age / stage of development.

Please find attached some resources you might find



8-9am
or 6-10am

Wake up
Get Dressed
Wash hands face and teeth
Eat breakfast

Exercise Activities

School work / activities
Snack

Free play
Chores

Lunch

Exercise Activities

Snack
Free play or school work activities

Free play

Dinner / tea

Free play

Bedtime routine
Get Dressed
Wash hands face and teeth
Bed time

Sleep at night and wake in the morning

This is an important one for children that are literal thinkers.
Also you might add 'no school tomorrow' if you feel you child is missing school or unsure of the situation.

My Home Routine

Exercise Activities (Indoor)

Activity Cube – put different exercises on each side of a block and use as a dice
eg Jumping jacks / touch your toes (you could use pictures)



Simon Says

Play catch

Balloon tennis



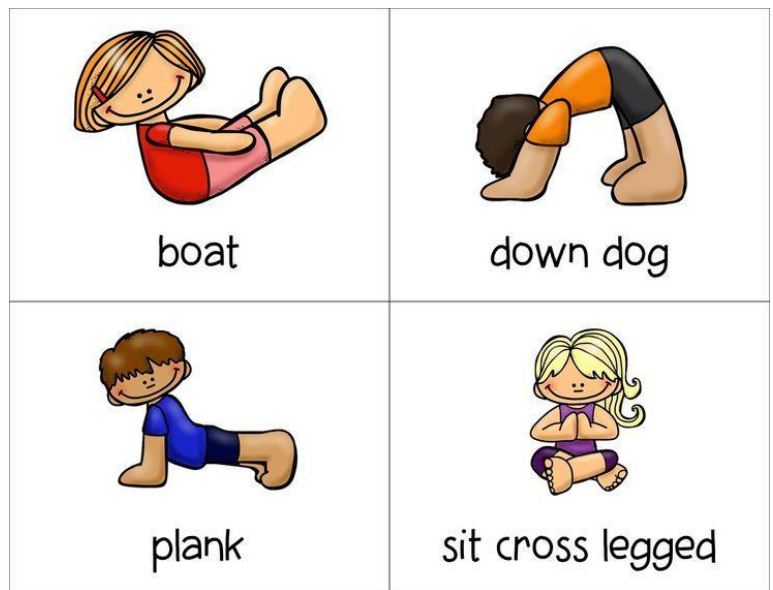
*Disco time – turn on your favourite music and dance like no one is watching.
Ring a ring a rosie / baby shark and other nursery rhymes / dances*

Some of the children do yoga breathing and some poses in school you could try a few minutes of this (it would be good for all of us!)



Also look at Cosmic kids on google or youtube for some yoga to a story they might enjoy.

PE class with Joe Wicks or Donna Dunne (see facebook / google)



Go noodle on YouTube (these are songs and dances they use in schools and preschool that the children are used to singing and dancing along to)





Jog in place
while you
sing the
alphabet
song.

March
around the
room and
count to 30
while you
march.



Go outside
and **ride**
your bike
for 10
minutes.



sit cross legged



Do
15
jumping
jacks.

Do
10
push-ups.



Run around
the outside
of your
house 3
times.

Bear walk
across a
room.



Exercise Activities (outdoor)

Make an obstacle course in the house / garden

Ball play

Feed the pet

Pick wild flowers in the garden (or weed the garden)

Planting

Bubbles



Water the flowers

Cycle a bike

Egg and spoon race

Tug of war

Water and sand play



Chalk drawing on the pavement or games



Make a tent or fort



Chase



Go for a walk



Picnic



School work / Table top Activities

(see also Fine Motor Skill handout)

Painting

Colouring

Make your own play dough (lots of recipes for this online)

Snakes and ladders



Beading pasta

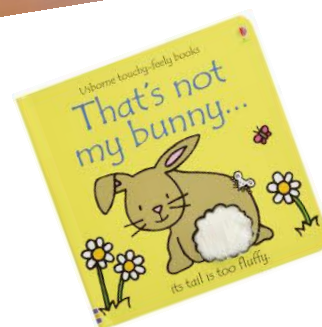


Reading books (remember comment don't question! "Oh I see a duck" – 'What's that?')



Make your own book – just a photo album of things your child likes..

Stick photos in a copybook – do one page a day..



Help baking



Cutting and gluing – collage

Make a pizza / burger.. Collage



Simple board games



Free play ideas

Make a playhouse / fort of old boxes

Make a tent

Hide and seek

Lego

Set up a shop

iPad

TV

Toys



The main thing to remember with free play is that you might set it up but then leave them at it!! This is your time to escape and have some free time to yourself – and not always to do household chores – sit down and take a break!!



Household chores for Children

These may not be completed perfectly (or even at all).

Hopefully your little one will enjoy having 'jobs' to do.

- Hanging laundry on peg hanger
- Folding towels
- Sweeping
- Hoovering
- Brushing the dog
- Setting the table (it doesn't have to look pretty)
- Washing and drying dishes (maybe some plastic ones !!)



- Emptying / Filling the dishwasher



Matching socks – only put out a few!!

- Filling and emptying the washing machine/dryer (great for sensory work too – all the pulling!)



Sensory Diet Activities for Children

Touch/Deep Pressure

Swaddle
Bear hugs
Backscratch
Massage with/without lotion
Joint compressions
Therapy brushing
Warm bath
Scrub with washcloth/scrubby
Water play
Wear certain fabrics
Explore various textures
Sit in the sunshine/shade
Jump on “crash pad”
Log rolling
Use hand fidgets
Play with stuffed toys
Make mudpies
Use fingerpaint or other paints
Use glitter glue
Arts & crafts
Use foamy soap/shaving cream
Play with whipped cream
Pet a dog, cat, or other animal
Mix cookie dough, cake batter
Roll up in a “burrito” blanket
“Sandwich” between two pillows
Climb under sofa cushions
(adult supervision required for all of the above activities)
Play in sandbox
Use Play-doh, Gak, Floam,
Silly Putty, clay
Sensory bin with dry rice & beans or other materials
Help with gardening
Use vibrating toothbrush
Let him use a paintbrush, stick, gloves, or even a toy for cautious exploration.

Movement/Proprioception

Rocking (in your arms, hobby horse, or rocking chair)
Playing horsie on your knee
Crawling on hands and knees
Commando crawling with full body
Walk
Run, Jump
March
Dance
Bunny hop
Wheelbarrow walk
Animal walks
Jumping jacks
Floor push ups
Wall push ups
Sit ups
Use swings
Use Trampoline
Playground slides
Use monkey bars
Climb stairs
Climb ladders
Jump on mini-trampoline
Hop-it balls
Inflatable seat cushions
Therapy ball
Ride a tricycle/bicycle
Ride a scooter/skateboard
Push a cart or stroller
Brian Gym and yoga exercises
Hockey Pokey
Play catch
Balloon tennis
Play hopscotch

Notes: Generally, rhythmic movement is calming while erratic movement is arousing. Never force movement. Look out for physiological responses such as increased distractibility, disorientation, nausea, breathing changes, unexpected tiredness, suddenly pale or flushed skin.