



Best Toys 4 Toddlers



## Make-Your Own Worry Pet



## WHAT'S IN THE BAG?



AN EASY &  
FUN  
THERAPY  
ACTIVITY FOR  
EARLY LANGUAGE  
DEVELOPMENT

THERAPY  
ACTIVITIES  
TO SUPPORT  
YOUR  
CHILDREN.  
SENSORY  
ACTIVITIES.

# THERAPLAY ACTIVITIES

## Straight Face Challenge

The aim is for your child to keep as straight a face as possible whilst you try to make them laugh either by gently touching them (avoid sensitive spots or prolonged tickling) or by making funny faces.



## Bubble Tennis

Blow Bubbles high in the air between you and the child.

Choose a bubble and blow it to the child. The child blows it back.

Continue until the bubble pops.



## Pop Cheeks



Inflate your cheeks with air and help the child pop them with their hands or feet. The child inflates his or her cheeks and you pop them in turn.



## Balloon Between Two Bodies

Hold a balloon between you and the child (such as between foreheads, shoulders and elbows) and move across the room without dropping or popping the balloon. See whether you can do this without using hands.



## Bean Bag Drop

Place a beanbag on your head. Give a signal e.g. a thumbs up, tilt your head towards the child and drop the Bean Bag in to the child's hand.

Take turns dropping the Bean Bag in to each others hands, you can even try it with a soft toy.



## Follow the Leader Train

All participants form a line holding onto the person in front of them.

The first person moves in a particular way and all others copy.

The leader goes to the back of the line and the new leader demonstrates a new way to move around the room.

This can be done sitting in a circle and moving only arms, head and shoulders.



## Stack of Hands

Put your hand palm down in front of the child, and guide the child to put their hands on top. Alternate hands to make a stack.

Take turns moving the hand on the bottom to the top. You can also move top to bottom.

This can be made more complicated by going fast or in slow motion.

Lotioning hands first makes for a slippery stack and adds an element of nurture.

