



Choosing People Games by Sensory Preference

These suggestions were taken from *Make Play R.O.C.K.™: Plan for People Play* (Sussman & Weitzman). You can find more ideas in the booklet. Some of these ideas might fit under more than one sensory preference.

Movement

Early People Games

Chase: You can chase your child and catch him with a big hug.

Jumping on the bed: Hold your child's hand and encourage him to jump up and down on the bed. After a lot of jumping like this, hold your child's hands down so he can't jump and wait for him to tell you in some way that he wants to jump.

Later People Games

Running

Tag: You and your child take turns being "it" — the one to touch or tag the other as he runs away. When the runner is touched, it's his turn to be "it" and do the chasing.

Jumping

Jump on the rocks: Together with your child, spread some pillows on the floor. Have him pretend he's a frog, jumping from one pretend rock to another. After a lot of repetition, "accidentally" forget to put the pillows out and wait for your child to tell you about your mistake.



Choosing People Games by Sensory Preference (continued)

Early People Games

Later People Games

Rocking

Blanket swing: You and another adult spread a blanket on the floor. Have your child lie down on the blanket. With the adults holding on to the corners of the blanket, swing your children from side to side. Do this many times and then wait before swinging so your child can tell you in some way to swing him again.

Airplane ride: This is played just like blanket swing, except have your child pretend he's getting into an airplane when he lies on the blanket. Start the engine (with a pretend push on the pretend button), saying "Turn on the engine," and then swing the "plane" from side to side. Have your child choose if the plane will fly high or low in the sky, or fast or slow. The possibilities for him to talk about the plane ride are endless.

Spinning

Chair-go-round: Sit your child on an office chair that spins and take him for a "spin." After a while, stop the spinning and wait for him to ask for more.



Duck, Duck, Goose: You'll need at least two others besides you and your child to play this game. Sit in a circle. One child is the first to be the running "duck" as he goes by. The running duck taps someone on the head and says "duck" as he goes by. Then, whenever he wants, says "goose" instead of "duck." The "goose" must get up and chase the duck around the circle. The duck has to try and run around the circle and sit in the goose's spot. If the duck gets the goose's spot, then the goose becomes the new running duck.

Throwing

Beanbag toss: Your child throws beanbags into a basket. After a while, try to fit in a turn for yourself. That might mean being a little pushy and stepping in front of your child and quickly throwing your bag in the basket. Later on, your child could let you know that it's your turn with an action, looking at you or telling you.

Choosing People Games by Sensory Preference (continued)

Touch

Early People Games

Blanket roll: Have your child lie down on a blanket and then roll him up, pushing him along the floor. Stop rolling him and then say, “Go!” right before you roll him a few feet further. After repeating the game many times, when you stop the rolling, wait for your child to tell you to go.

Later People Games

Caterpillar roll: This is played just like blanket roll, except you can have your child pretend he’s a caterpillar in a cocoon.

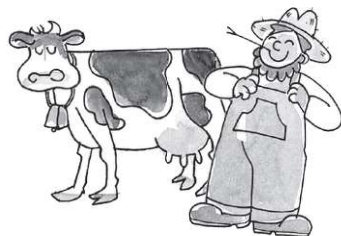
Sound

Early songs

Some suggestions: “The Eensy Weensy Spider,” “Head and Shoulders,” “The Hokey Pokey,” “The Wheels on the Bus,” make up your own song

Later songs

Some suggestions: “Old MacDonald Had a Farm,” “If You’re Happy and You Know It,” “This is the Way We Wash Our Hands,” make up your own song



Sight

Early People Games

Water tap time: Make a game out of turning the tap on and off. Your child can watch either a lot of water come out of the spout or just a little bit. Maybe he likes to put his hands under the water. Once he’s enjoying himself, don’t turn the water on and wait for him to let you know that he wants you to start it flowing again.

Later People Games

Walk the line: Let your child help you arrange a short rope or string around the floor. Then have your child walk on the line as you add more string lines to the first one. Get your child to the place on the line where he wants you to add another string track. Vary this game by wiggling the rope a bit as he tries to step on it. That’s guaranteed to get some kind of reaction from him — words, laughter, etc.