Holiday Activity Pack

Oakley School
Skills for Life and Independence

for Engage/Explore children.



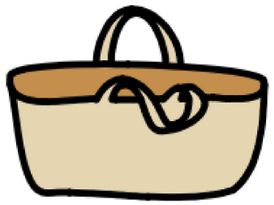
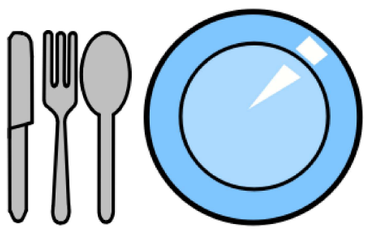
Designed by Carrie Daniels (SALT) and Sarah Macintyre (OT) at Oakley School

These activity packs are ideas for parents and carers… It is the responsibility of the supervising adult to ensure the child is safe at all times.

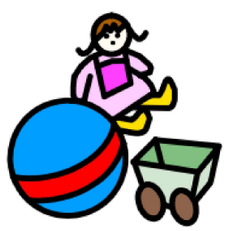
How to use this pack of activities

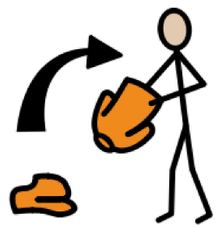
- Summer is a time to kick back and relax but all kids benefit from having a structure to their day. This gives them a sense of control and helps adults too!
- Use a white board or a piece of paper to write or draw symbols for a daily schedule or now…..next board. Examples of both are included in this pack.
- This pack of activities is designed to give ideas of activities you and your child can do over the holidays to support your child's development.
- Activities have been put into 4 categories – food, clothes, home and actions.
- Each category has activities to support your child's language, learning and physical skills.
- All the activities can be carried out with siblings and other family members and friends too.
- Remember children learn best when they are relaxed and having fun!

Food Activities

Activity	What does it develop?	What will you need?	How to do it!
What's in the Bag? 	Understanding and naming everyday food items Vocabulary	Real or toy food and a bag/box	• Place up to 6 real/toy foods into the bag • Sing a song and pass the bag round "what's in the bag, what's in the bag, shake it, shake it, what's in the bag?" • Let your child take out a food item and name it (if your child can't say the word, you can do it for them) • You can repeat the name of the food and add an extra word e.g. 'yellow banana' 'tasty cake'
Feeding Toys 	Following instructions Giving instructions	Real or toy food, 2 plates/bowls and 2 different toys e.g. teddy and dolly (but you can use anything you like)	• Put your 2 toys out with a plate/bowl in front of each • Give your child up to 6 food items and label them • Give your child simple instructions e.g. 'give teddy and apple' 'give biscuit to dolly' (your child has to choose the right food and put it on the right plate) • You may need to show your child what to do first • If your child finds this easy get them to give you the instructions
Shopping 	Understanding and labelling foods when out and about Vocabulary		• Make food shopping more exciting by turning it into a game and asking your child to find some of the things you need • First just ask them to get one item at a time so it's not too difficult e.g. 'find the carrot' whilst showing them a carrot. • If they find this easy you could ask them to find 2 things or a specific item e.g. 'find a red apple'

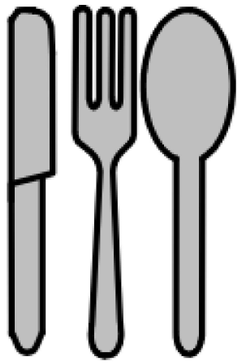
Clothes Activities

Activity	What does it develop?	What will you need?	How to do it!
Washing Line 	Understanding of everyday clothes items	A selection of dolls or children's clothes and a washing line and pegs (you could use a piece of string)	• Place up to 6 clothes items in front of your child and label them • Ask your child to find an item of clothing • When they have found the right one, they can put it on the line • Encourage your child to label the clothes as they put them on the line • To make it easier you can show your child the clothing item - match • Make sure you label the clothing item
Clothes Lotto 	Labelling everyday clothes items Memory	Lotto boards with clothes pictures and 2 copies of the clothes pictures It is easy to draw a lotto board on a piece of paper	• Stick clothes pictures onto 2 lotto boards (have 4 different pictures on each board, so that the boards look different) • Then have a second copy of the pictures faced down in between you and your child • Take it in turns to turn over a picture and see if it matches your board • If it doesn't match your board then put it back and wait for your next turn • Encourage your child to label the pictures as you play
Dressing Toys 	Following instructions with 2 key words and giving instructions	Selection of dolls or children's clothes and 2 toys e.g. dolly and teddy (but you can use anything you like)	• Put out the 2 toys and selection of up to 6 clothes (add more if your child is finding it easy) • Give your child the clothes items and label them • Give your child simple instructions e.g. 'put the socks on teddy' 'put the hat on dolly' • You may need to show your child what to do first • If your child finds this easy get them to give you the instructions

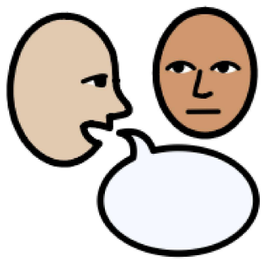
Getting Dressed 	Understanding and labelling clothes when dressing	Everyday clothes	• When dressing give your child choices e.g. 'shall we put on socks or pants' • Dressing up games – using big clothes to practice and putting fun things on in different ways. Take pictures of silly outfits at the end. • Encourage your child to get their clothes and name them. • https://www.kentcht.nhs.uk/childrens-therapies-the-pod/occupational-therapy/dressing-and-undressing/ Has lots more ideas.

Home Activities

Activity	What does it develop?	What will you need?	How to do it!
Helping around the house. 	Independence Gross and fine motor skills Vocabulary Following instructions	Household items	• Children love to help and feel ownership over things. Help them to help you in household chores. • Helping to put things away. Get your child involved in this, doing it together is much more fun, even if it gets messy again later. It is a life skill too. The more children do these things regularly the more they take it as a normal activity.
'What's gone?' 	Memory Vocabulary	Household objects	• Put 3 household objects in front of your child and tell them to look at them carefully. • Tell your child to turn around and while they are not looking take one item away. • Ask your child 'what's gone?' and see if they can tell you. Then show them the item and see if they were right. • Your child might enjoy being the teacher and you can guess the item that disappears

Food preparation 	Fine motor skills Sequencing/problem solving/planning and organising Life skills Following instructions Safety awareness	Kitchen equipment Food Apron	• Involve your child in food preparation, even if it is just a small job such as peeling a carrot or stirring a pan (with adult support) or pouring water for people or laying the table. • If they are chopping food, ensure they are at the right height and angle and understand how to do this safely. • Adult supervision is required at all times! • Washing up – bubbles can be fun and a good sensory experience. Be prepared with the mop afterwards.
Using cutlery 	Fine motor skills	Cutlery Playdoh/putty Plate Non-slip mat	• Using cutlery: Practise this at non-mealtimes. It is difficult to practise anything when you want to eat! • Use playdoh or putty, a plate with a non-slip mat and some cutlery. • Watch the video on the NHS pod to give ideas. • https://www.kentcht.nhs.uk/childrens-therapies-the-pod/occupational-therapy/meal-times/

Action Activities

Activity	What does it develop?	What will you need?	How to do it!
Simon says 	Understanding of actions		• Play a game of Simon says • Encourage your child to perform different actions e.g. 'Simon says stand up', 'Simon says clap'. • Label the action as your child does it.
Ball skills 	Following instructions Gross motor skills Co-ordination	Ball	• Ball skills: learning to throw and catch a ball might be challenging for your child. • Practice is key and keeping it simple and fun. • Use a large, lightweight ball, like a beachball and stand close together, then move gradually apart. If your child can do this already, stand in different positions, or kneel, or kneel on one leg, changing it up, keeping the activity fun. • Little and often is always best.
Colouring activities 	Fine motor skills Concentration Co-ordination	Paper and colouring pencils/pens Chalk Lining paper	• Colouring pencils/pens are a favourite for many children. Have a stash of paper ready so they can do as much as they want. • A roll of wallpaper lining paper is a good cheap resource. • Using chalk outside on the tarmac/wall is a good sensory based fine motor skill. • Colouring lying on their tummies is a good position for developing their core strength
Actions on the go!	Understanding and labelling actions		• Throughout the day when you are out and about label actions that you, your child and other people are doing e.g. 'we are walking', 'daddy is eating'. • Encourage your child to label actions that they and others are doing.

			• You can support you child by giving them a choice of 2 actions e.g. ‘are you eating or sleeping?’

Now

Next

Monday
Breakfast
Park
Shopping
Lunch
Tidy bedroom
Dinner

Example

Day

Template


Shopping List
Bread
Milk
Cheese
Butter
Fruit