**Theraplay activities for home and school.**

1. Feather touch: Child tickles someone with a feather. The child who is

being tickled has their eyes closed. The child has to guess where their friend tickled

them.

2. Funny Bones: In pairs an adult calls out "elbow to elbow, knee to knee,” etc. and

the partners have to touch body parts.

3. Stand up, hold hands and listen for the cue to walk, hop, etc. in a circle.

4. Over & Over: Children stand in a line and pass a bean bag over their head to the person

in front of them. You can also adapt the game to make it over and under and the child

has to listen for the cue “over” or “under.”

5. Bean bag on head of the adult: Adult pretends to sneezes and each child tries to catch beanbag.

6. Guess who is hugging you: A child sits on the floor. Cover child with a

blanket and someone gives the child a hug. Child has to guess who it is. This game is

more about the hug than the right guess.

7. Musical hoops: Place 3 hula hoops on the floor and play music. When the music stops, the children have to put a foot in a hoop. Remove a hoop each time until there is only one hoop left.

8. Bubble pop: The adult blows the bubbles and each individual child gets to pop them.

This is a challenge for the other children wanting to pop but a good way to exercise

self-control and turn taking. The child will be told to pop the bubbles with their hands

or feet or elbow, etc.

9. Newspaper punch: Adult holds up a piece of newspaper for each child. On the count

of three, the child punches a hole through the paper. The child then rolls the paper

up in a little ball and take turns throwing it in a “hoop.” This could be into the bin .

10. Balloon balance: Partners must balance a balloon between a body part and walk across

room without using hands.

11. Shoe find: Everyone takes one shoe off, puts in middle of the circle under the

blanket. The adult mixes them up. With their eyes closed, the children take turns

picking a shoe and find the match.

12. Shoes off: Child takes their shoes/socks off and touch each other’s feet under the

blanket. You can have them try to touch a specific friend.

13. Pass the message: The adult shares a message with the child starts with a message then passes around the circle/rest of the family. Then the children can take turns passing a silly face around the circle.

14. Balloon tennis: Children stay seated while trying to hit the balloon in the air without

letting it drop. Use ping pong paddles or racquets made out of paint stir sticks and

paper plates.

15. Toilet paper bust out: Partners take turns wrapping each other up in toilet paper and

then on cue, they bust out.

16. Face painting: The children pretend to paint hearts, moustaches or anything on each

other’s face with a paint brush.

17. Pillow punch/ Pillow hug: The children identify something that makes them happy and

hug the pillow. They identify something that makes them mad and punch the pillow.

18. Blanket swing: Both adults swing each child in the blanket while the others count.

19.Shape find: Each child walks around in a circle to music until the music stops. When

the music stops, they grab the shape on the floor closest to them and try to find the

person with the same shape.

20.Blanket and Ball: All children hold the edge of the blanket with a ball in the middle.

The children take turns calling a friend’s name. Then everyone has to work together to

get the ball to the person without letting it fall off.

21.Row, row, row your boat: Children sit with legs straddled and pretend that they are

rowing a boat. Have them pick if they want to row fast or slow, loud or soft.

22.Ping Pong Blow: Child needs to lay on the floor on their tummies. They call out a

friends or family members name and blow the ping pong ball to that person.

23.Tunnels: The children bend over on hands and feet, each child takes turns going

through the tunnel.

24.Duck walk: Duck walk; crab walk; frog jump; kangaroo hop; elephant walk; lobster walk;

inchworm glide; chicken walk; bunny hop; seal walk. Children act out different movements.

25.Balance beanbag on feet: Kids lie on their backs with beanbags on their feet and try to

balance them. Adult counts to 3. Next, try one foot.

26.Musical instruments: Have each child start to play an instrument when they see the

“green light”. Stop with “red light”. When stop, have them pass the instrument to their

right.

27.Feather on Pillow blow: The children are standing in a circle. They take turns blowing

the feather off the pillow to the friend next to them who tries to catch it.