

LIZELLE KEYSER
Paediatric Occupational Therapist

SUMMER FUN!

Summer holidays are at hand! The activities within this handout series was set out for the benefit of parents who do not necessarily have online access. I've added the websites for those who would rather read the articles themselves.

You will find the following handouts with activities in the Summer Fun series:

- Summer Fun: Hand skills (busy bags and boredom busters)
- Summer Fun: Sensory Play
- Summer Fun: Outdoor Water, Bubbles and Chalk etc.
- Summer Fun: Outdoor Physical activities
- Summer Fun: Indoor Physical activities

These activities were developed for a variety of children at different levels of play, development and sensory need. You might find that some of these are not appropriate for your child. Thus, please use your discretion in choosing the activities most appropriate.

Maintain Routines: Although unstructured days are always nice, it is best to maintain some routines over the summer to make life a little easier (especially when transitioning back to school in September!).

A routine lets a child know what to expect. A routine provides them with a sense that life is predictable. A routine is calming, providing a child with a sense of security. Also, when your child knows what to expect is coming next, they're more willing to do it, but also more willing to do it on their own.

Children thrive on consistency and structure, and more so children with SEN. Make use of visual schedules, which will help them feel more in control. Keep certain routines in the day consistent e.g. keep their morning and bedtime routines as consistent as you can.

(More about why routines are important:

<https://handsonaswegrow.com/routines-important-kids/>)

I'm bored: It is worth making a list of a few simple activities to do, for when your child is bored. When boredom sets in, you can then refer to your list to quickly set it up.

More information on organising your summer holidays:

<https://whatmomslove.com/kids/get-organized-for-summer/>

Within your routine, you might want to consider adding daily chores. Research shows that doing chores helps children to be more empathetic, have better relationships with family and friends, be better at delaying gratification, be more responsible, be less self-centered,

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learn the value of hard work and be held accountable. You will know your child and which chores would be appropriate for them. The following article discusses the importance of chores and some ideas. <https://tinkerlab.com/chore-ideas-for-kids-by-age/>

Sibling rivalries: During the summer holidays you might notice sibling rivalries, as kids are frequently in each other's company. Kelso's choices, is a conflict management program for children. The Kelso-wheel is a great visual resource. You can print it and laminate (if available). Place it somewhere central in your home. If they have a small problem, they need to try at least 2 Kelso choices on the wheel, before calling an adult. If they have a big problem, they talk to a parent. (This will not be appropriate for all children.)

https://cdn.kelsoschoice.com/wp-content/uploads/2017/12/08123340/Kelso-Wheel_85X11.pdf

Enjoy the activities for the Summer. We look forward to seeing everyone in September.

Best wishes

Lizelle Keyser

Occupational Therapist

