

# Home Activities for children with Developmental Disabilities

Keeping children with intellectual and developmental disabilities like autism, learning disorder, hyperactivity disorder confined inside the house becomes very challenging during this lockdown period. Besides disturbance in their daily routine cause problem in special kids, even disruption in their therapies can affect the kids. Individual care, developing a sustainable home based activities and routine can be tried. To keep this in view, think following home activities can be helpful.

## Gross Motor:

- Pushing or pulling heavy objects like furniture/sofa, theraband,etc.
- Pillow wrestle
- Crawl over the bed
- Catch and throw a ball to a target while on your tummy
- Lifting/carrying heavy objects in tall kneeling
- Jumping jacks
- Rolling over bed at the same time transfer objects from one end to other
- Play tug of war

## Fine Motor:

- Open and close water bottle, nut & bolts,etc.
- Putting and removing clothclips.
- Hide beads in putty and ask child to remove it.
- Making shapes from Clay
- Writing alphabet, numbers on wet sand
- Folding paper/ dress materials
- Colouring activities with crayon
- Move beads from palm to fingers

## Executive Function:

- Indoor obstacle course
- Clean room once a day
- Play board games/memory games with family members
- Prioritize important tasks to do first
- Do your chores
- Sort coins and coloured items
- Draw/write house rules
- Bodypart identification/alphabet matching/matching related objects like bat-ball, pen-paper,etc.

## Visual Motor:

- Connect the dots
- Matching shape and size
- Design copy
- Circle one alphabet from a word. E.g. ELEPHANT-Ask to make circle over 'P'
- Practicing handwriting patterns
- Peg board activities/ Insert toothpicks in to a container
- Colour a picture inside line
- String colourful beads

## Oral Motor:

- Make a big smile. Relax and repeat

- Blow bubbles/blow painting
- Drink through a straw
- Do a tongue pop. Suck the tongue up onto the roof of the palate & then pop it
- Hold the tongue in mid-air ( not resting on the lip or teeth). Tighten and relax the tongue
- Puff out the cheeks while keeping the lips sealed
- Make a big smile. Relax and repeat
- Chew crunchy foods

**Sensory Activities:**

- Finger painting
- Guess that texture(Put few objects in a box and feel)
- Shadow play
- Upside down ball toss
- 100 seconds of spinning
- Listen 100 seconds of calming sounds
- Sounds pattern repeat: Clap, whistle or hum sets of sounds, child repeat
- Wall pushes/Hand squeezes/Animal walk races,etc.

**Self-regulation Activities:**

- Fun breathing
- Chanting Omm
- Scent guess
- Making Monster face
- Hide and seek game
- Freeze dance
- Hand clapping games
- Musical chairs

Hopefully, the above information can help parents and caregivers of kids with ASD and other developmental disorders during this tough time. Stay safe, everyone!

For more information, Kindly contact:

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