

ABA QUARANTINE TIPS AND ACTIVITIES

The most important thing to remember is to **HAVE FUN** with your kid; children learn through play.



Mand Training:

- Place toys out of child's reach but within eye sight so they have to request access to items throughout the day.
- Put toys in clear Tupperware containers that they will need to ask for help to access
- Give the child a few items of a toy/game that has multiple items, they will have to request for more throughout the play time.

Fine Motor skills:

- Treading beads on string or pipe cleaner (cut straws into smaller pieces if you don't have beads). String pipe cleaners through holes in a colander
- Tracing (Draw different lines, shapes or letters with a highlighter for them to trace over)
- Drawing at different angles (putting paper on the wall, under a table, taped to the floor)
- Transferring cotton balls/marshmallows from one container to another with tongs or pincher fingers (index and thumb)
- Use shaving cream to practice writing skills; Put shaving cream in a thin layer on the table and practice various handwriting movements with your finger. When it is time for a new letter/shape just wipe the shaving cream with your hand
- DIY color by number
- Veggie Stamps: Use veggies sliced in half dipped in paint to stamp different shapes

Visual Performance:

- Identical matching object to object or picture to picture (Memory games are great for picture matching)
- Matching non-identical (different spoons, socks, etc.)
- Puzzles
- Sorting items in a muffin tin (sort by color, shape, size, etc.)



Life Skills

- Setting the table
- Clearing the table (putting dishes in the sink/dishwasher)
- Sorting silverware
- Cleaning their room/play area
- Putting laundry away
- Folding laundry (start with small dish towels and work up to clothing)
- Practice making simple food such as a PB sandwich or measuring cereal
- Knife skills with a banana and butter knife (If age appropriate and safe).



Movement

- Yoga (see below)
- Soda/water bottle bowling (set up empty plastic bottles at one end of a hallway, roll a ball and see how many you can knock down)
- Dice movement game
- Red light – Green light
- Simon Says (target touching body parts and gross motor movements)
- Feature-Function-Class scavenger hunt (below are some suggestions. Use your creativity and household items)
- Freeze Dance – Play a favorite song and have everyone dance until you pause the song, everyone must freeze in a pose until the music starts again.
- Go for a nature walk and collect leaves of different colors, shapes and sizes.



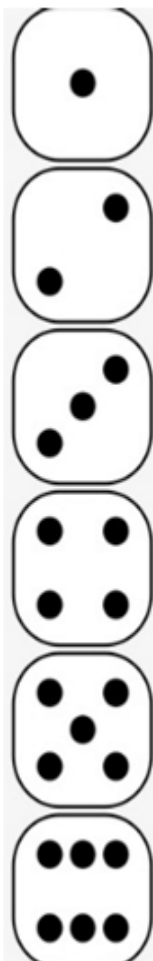
- Sensory bins: Fill a small plastic container with dry rice, pasta or beans. You can place letters, small toys or other manipulatives in the bin and practice finding them. Use a spoon to practice scooping skills or tweezers to pull out the items in the bin
- PlayDough: Homemade or Store bought



- Fake Snow for Pretend Play:
Mix 2 1/2 cups of pure baking soda with 1/2 a cup of white hair conditioner and you have hours of sensory play. It really is THAT simple. You can add more baking soda as you wish to make your "snow" less wet if you'd like. If you need to make a larger batch of snow you can easily multiply this recipe.

Dice Games

Set up a designated start and stop spot on your floor. You can use painters' tape to mark lines or place stuffed animals at either end of a room (i.e. start at the turtle and end at the rabbit). Assign a number to each animal movement below. Roll the dice and complete the activity for the number that was rolled.



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.

SCAVENGER HUNT

Something RED	You play with...	An animal	You wear on your feet
A Circle ○	Has a tail	Something you eat	Something YELLOW
A toy	You wear on your head	Something GREEN	Has numbers
Clothing	Something BLUE	You sleep in..	Has wheels

ELEPHANT POSE
(WIDE-LEGGED STANDING FORWARD BEND)



I have a strong body.

CROCODILE POSE
(PLANK)



I am calm.

TIGER POSE
(CAT POSE)



I am brave.

COW POSE
(COW POSE)



I am kind.

TURTLE POSE (CHILD'S POSE)



I am patient.

PUPPY POSE (DOWNWARD-FACING DOG)



I am friendly.

BUTTERFLY POSE (BUTTERFLY POSE)



I am unique.

COBRA POSE (COBRA POSE)



On the exhale, make the 'shhh' sound to slither like a snake.

FLAMINGO POSE (TREE POSE)



I am beautiful.

RHINO POSE (TRIANGLE FORWARD BEND)



I am a leader.

BAT POSE (FORWARD BEND)



Focus on your breathing. Can you feel the air moving in and out through your nose?

GIRAFFE POSE (EXTENDED MOUNTAIN POSE)



I reach for the stars.