

Family Guidance Activities to Maintain Skills

Social Emotional:

- Play Simon Says.
- Say or sing the days of the week.
- Play Twister or Connect 4
- Practice saying your friends names.
- Follow the leader: walk, hop, tiptoe (forwards and backwards)
- Play tic-tac-toe or Candyland.
- Dance to your favorite song.
- Practice saying hello and good-bye to people.
- Practice opening the door and holding it for someone.
- Put items in a bag, Guess what items without looking

Adaptive/Self-Help Skills:

- Practice putting your socks and shoes on.
- Practice a fire drill with your family.
- Make a simple snack like mini pizzas, cookies, etc.
- Practice putting on and zipping a coat.
- Practice opening snack containers/ bags/ drinks.