

'Getting ready' game

Many children struggle to adjust to changes in their day, whether it is tidy up time or getting ready for lunch. For children with additional needs this can be a time of high anxiety. Using visual clues and fun activities can help them to get used to routines.



Learning Aims

- Helping children to become familiar with routines.

Resources

- Photographs or pictures of routines
- Large 'homemade' dice

Activity Outline

- Discuss things we need to 'get ready for' such as meal times, bed time, going to the park and going to school. Include some of the setting's routines in the game
- Make a large 'homemade' dice with the children sticking the routines on the faces of the dice
- Ask the children to photograph the different stages of the routines (a little bit of acting here!)
- Once printed, add key words, signs and symbols or annotations before laminating

- Play the game by throwing the dice and then asking the children to find the right pictures – have fun putting the routine into the right order. You could use a sand timer
- Provide lots of visual prompts, signs and gestures as you play the game.

Working with Babies

For your babies and toddlers choose three main routines to put on the dice and cover the other sides with sensory material.

When making the laminated cards show the main part of the routine, and print these in a size that is easy for the babies to see. Sing an action song to go with each routine e.g. This is the way we wash our hands (sing to the 'Here we go round the mulberry bush' tune).