

Many of the traditional games children play support the acquisition of self regulation skills. They require children to wait for turns, be aware of their own and other's actions, and practice moving at varied speeds. You may need a few family or friends to join in some of these activities.

Red Light, Green Light Children and other family members move in a variety of ways (walk, hop, jump, skip, crawl, etc.) when a green symbol is shown and stop for the red light symbol. The speed of the movements can also be varied. A yellow light can be used as a slowing down transition. A variation on this would be to set up a roadway for your child to follow with traffic sign symbols and left, right and U-turns added.

Simon Says Participants need to listen closely to hear if the leader says "Simon Says" before the instruction.

Mother May I? A family participant plays the mother (the group can also decide on a name for the leader). The other participants line up about 10 feet away and facing the mother.

Mother starts at one end of the line and says something like, "Sarah, you may take three big steps forward." Sarah must respond with, "Mother, may I?" Mother then says "Yes, you may" and the child follows the instruction. If Mother says only "Yes" the participant cannot proceed. The play continues down the line.

Mother can vary the number and kinds of steps each time. The game continues until one person finally reaches and touches Mother and then becomes the Mother for the next round.

Freeze

Variation 1: Play music and instruct the participants to freeze in whatever position they are in when the music stops.

Variation 2: Play as in variation 1, but when the music stops hold up a picture or stick drawing of a body position for the participants to copy.

Variation 3: Play as in variation 1, but when the music stops call out a body position for the participants to assume such as "Place one arm straight above your head, place the other hand on your stomach and bend both knees".

Musical Chairs Place chairs in a circle with one chair for each participant. Place a card with a number, alphabet letter, name care or shape on each chair and have a matching set of cards you hold. Play music and when it stops participants find a seat. Draw a card from your set and have participants look to see who has a matching card. That person becomes the leader in the next round.

What's Missing? Gather a group of objects and spread them out on a tray and have your child identify each object. Cover the tray with a piece of fabric or hold up something that blocks your child's view and remove an item. Ask them to name the missing object.

