

Games and activities to help develop attention and listening for young children at home

Ready, Steady, Go! games

Your child should wait until you've said "go" before each turn. Increase the length of time your child has to wait for "go".

Ideas to try:

- **roll a ball/car** between you and your child
- **build a tower** of bricks or stacking cups together and knock it over
- your child pinches the end of an inflated **balloon** and waits for "go" before they let go of the balloon
- play with a **click clack track/ garage**. Your child waits for "go" before sending the car down the chute/track
- **use shakers or drums**. Your child waits for you to say "go" before they can play the instrument
- your child waits for you to say "go" before they can run to **pop the bubbles**

Take turns in simple games

Increase the amount of time your child will sit to take turns.

Ideas to try:

Take turn to...

- add a brick to a tower
- put a piece in a jigsaw
- post pictures in a post-box
- roll a ball to each other

Action songs, rhymes and stories

Ideas to try:

- **sing songs together** such as "wind the bobbin up", "the wheels on the bus", and encourage your child to join in and copy the actions. Leave pauses in the song so that your child has a chance to fill in the gaps
- **look at books together** and encourage your child to sit and listen and join in with their favourite parts of the story

Play listening games

Ideas to try:

- use **sound lotto** games. You can download applications on some mobile phones, look on the internet or you could buy/make one. Play the sounds and see if your child can point to the picture that matches the sound
- **make noises** with rattles, keys, instruments and see if your child turns to the noise
- use **musical instruments**. See if your child can copy the number of beats or shakes
- **hide things** that make a noise (eg, a wind-up toy, musical box). See if your child can find the toy by listening to the sound
- **hide behind** a chair and make a sound such as a giggle. See if your child can find you
- **play 'Simon says...'** Encourage your child to listen to the instruction before carrying out the action eg, clap your hands, touch your nose, stamp your feet
- **play musical statues** - your child listens for when the music stops and then stops dancing

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July 2019 V2

