

Learning to in People Play with your Child!

People Play is ideal as an introduction to play skills. It builds a child's curiosity, inquiry and creativity as the child begins to explore where other people or toys have gone during peek-a-boo or hide and seek games. It also encourages communicate skills including offering eye contact, taking turns in play and learning how they can communicate there message when they want to play again, or they have had enough play.

People Play

- ✓ Builds an awareness that play and interacting with others can be fun
- ✓ Supports relationships and emotional well-being
- ✓ Promotes engagement and communication skills

In addition, People Play:

- ✓ People play costs nothing!
- ✓ Requires very little equipment or resources, if any at all?
- ✓ Can be planned into daily routines or spontaneous, taking place anywhere at any time.
- ✓ Has no set rules; the most important thing is to have fun together!

The Hanen Centre, who created the 'More than Words' programme, promotes using a research based strategy called R.O.C.K for additional consistency and predictability in people games.

R – Repeating what you say and do

O – Offer opportunities for the child to take a turn



C – Cue your child to take their turn

K – Keep it fun!

For more information on: The Hanen Centre; the R.O.C.K strategy; or for suggestions of people games aimed at engaging children with specific learning interests, please click on the links below.

<http://www.hanen.org/Helpful-Info/Articles/R-O-C-K--in-People-Games--For-Children-with-ASD-or.aspx>

https://www.hanen.org/SiteAssets/Helpful-Info/Articles/people-games-handout_1-0-1.aspx

<http://web1.nbed.nb.ca/sites/ASD-W/ecs/Documents/Hanen%20-%2010%20People%20Games%20for%20kids%20with%20autism.pdf>

Everyday Favourite People Game Fun!

- **Peek-A-Boo!**
- **Funny Face Pulls**
- **Hat Tip & Fall / Funny Glasses Lift** (Using a selection of fun hats and dressing up glasses)
- **This Little Piggy Went to Market!** (Using the child's toes)
- **Round and round the Garden** (Using the Childs Hand)
- **Eye's Nose, Cheeky Cheeky Chin** (Touching the child's face/or your own and using facial expressions)
- **Horse, Horse don't you stop!** (Bounce on the knee)
- **Horse Rides** (Around the room practising balance and gross motor skills)
- **Rolly Polly** (Blanket Wrap Hug's or a pillow sandwich squeeze or roll with the child in the middle)
- **Blanket / Scarf Games** (Blanket Swing, Peek-A-Boo, Parachute, Hide –A – Away)
- **Row the Boat** (For added variety, try holding onto a Yoga Stretch Band, Sit in a large material shopping bag, changing the verse to Crocodile, Polar Bear etc.)
- **The Box / Laundry basket spin** (Sit and Turn; Slide and Glide)
- **Gentle 'RAT'** (Gentle 'rough and tumble' play, Tickles, Bounce, Pats, Swings etc.)

