



## THERAPEUTIC ACTIVITIES GUIDE: LAUNDRY BASKET HOME HACKS!

### AIM

- To provide ideas for using everyday items in your home for therapeutic spaces and activities!

### OVERVIEW

- We want to be able to provide opportunities throughout the day to explore, experiment, and regulate. The best ideas are the simple ones!

### WHO THIS IS FOR

- Any and all children! Particularly Primary school age and smaller children.



The laundry basket we have used in this guide is a 60L plastic one we picked up from a supermarket.



### **Cosy Corner**

This will very much depend on the size of the child! Adding blankets and pillows can create a lovely containing space to read and relax in, to listen to music, or just to have some downtime.

This particular basket has some flexibility but also is strong. It provides a 'womb space'; you can push against it, which gives deep tactile pressure and proprioceptive feedback. This is calming for our Central Nervous System.



### **Tractor Games**

Add tins or other household items to the laundry basket and use a dressing gown rope as handles. Pulling this across the floor can provide lots of organising proprioceptive input! You could take it in turns, set up an obstacle course or a relay! The more tins you use the heavier it will be; this will provide calming and organising proprioceptive input too (using your muscles!).

*\*If you're unsure how much weight to use, consult with your Occupational Therapist. Too much weight could cause injury.*



### **Play Cave**

Tipping the basket over gives a wipe-clean surface for you to use your imagination with! Decorate using stickers, whiteboard pens, anything you have at home. Playing on your hands and knees is good for regulation (more proprioceptive input!), and good for developing shoulder strength, which is essential for skills like handwriting, eating, and other fine motor skills.



### **Slip and Slide**

These baskets have holes allowing you to push old kitchen and toilet rolls through, to create a slip and slide! Use tongs to collect pom poms, cotton wool balls, animals, or anything else, and put them down the slide. See how many your child can collect in a minute. See if they can work together with their siblings! Can they sort them somehow? By colour or category?! This works on fine motor skills amongst other things (hopefully including teamwork!).



### **Animal Escape**

Using tongs, try and save the animals by weaving through the branches in this jungle! This is great to work on visual motor skills (looking for the animals), motor planning (working out how to get to them and get them out), tactile discrimination (how hard to hold the tongs to keep a hold of the animals). To make it harder, throw a towel on top and just use the 'windows' at the side to guide you!



### **Calming Cave**

It's really helpful for children to have their own chillout 'zone'. Tilt your basket on its side, and think with your child what might be useful for them for their own space to retreat; headphones? Calming lights? Snacks? Blankets and books? The benefit of this is that you don't need to be in separate rooms; you can be close to your child.



## Other Ideas

### **Fishing Game (to calm and organise)**

- If you have a child seeks a lot of movement, ask them to sit in the basket. Place cushions at either side for safety. Ask them to rock their 'boat' from side to side whilst holding the handles. They might be able to rock onto the side of the basket (landing on the cushions for safety!) - maybe they can collect some fish and then try and rock themselves over to the other side. This provides lots of proprioceptive sensory input (using your muscles) and vestibular input (movement) which might be calming and organising for your child!

### **Log Flume Game (to alert and waken up)**

- If your child is presenting as clumsier or fatigued, you could try using movement in playful experiences to provide alerting sensory input.

If the child is able (and small enough!) to sit in the basket, you could try pushing them a short distance along the floor as though they are on a log flume! This will depend on the weight of your child for it to be safe! The movement might help to alert their Central Nervous System. Watch carefully for signs of whether they are becoming more alert and playful! If not, then cease the activity.

Please liaise with your Occupational Therapist before proceeding if any of the recommended activities are beyond what your child may usually do in their daily lives. Juniper Tree Therapy Ltd cannot be held responsible for any injury which comes from misuse from the guidance within this document. These activities should be supervised by a responsible adult at all times. Risk assessment for equipment and environments should always be completed prior to using these activities.