



Southern Health
NHS Foundation Trust

East Hampshire Learning Disability Service

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This booklet was adapted from another resource made by



With thanks to **Boardmaker** and **photosymbols** for use of images

Activities I Can Do at Home



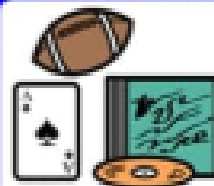
Sensory



Life Skills



Movement



Leisure



Sensory



take a bubble bath



shaving cream on table



play doh



Jump



Angel Delight



spin



sensory bin



hugs and squeezes



dance



painting



Strings and buttons



slime



sensory bottle



blow up/play balloons



guess the smell



Hand massage



bean bag break



Sensory story



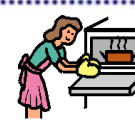
Leisure



Drawing/colouring



games



Baking



Pamper session



water play



play doh



Sewing/knitting



puzzles



art project



read books



Go out into the garden



Lego/Meccano



Film/watch TV



Write a letter/e-mail



Dance, play, sing, listen to music



card game



Video chat



iPad



Movement



yoga



walk



Play with balloon



play outside



dance



trampoline



Football



run



obstacle course



Exercise Plan



hallway bowling



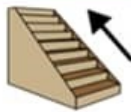
Yoga ball



Pop bubbles



wall push ups



stairs



Skip



Gardening



Catch



Life Skills



unload dishwasher



laundry



Take rubbish out



Wash up



pair socks



folding



wash car



Dusting



money practice



Gardening



cooking



make beds



vacuum



sweeping



put clothes away



Tidy up



Lay the table



Unload shopping